SANDOW'S MAGAZINE

VOL. XV (New Series). OCT. 12, 1905. No. 119

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By EUGEN SANDOW

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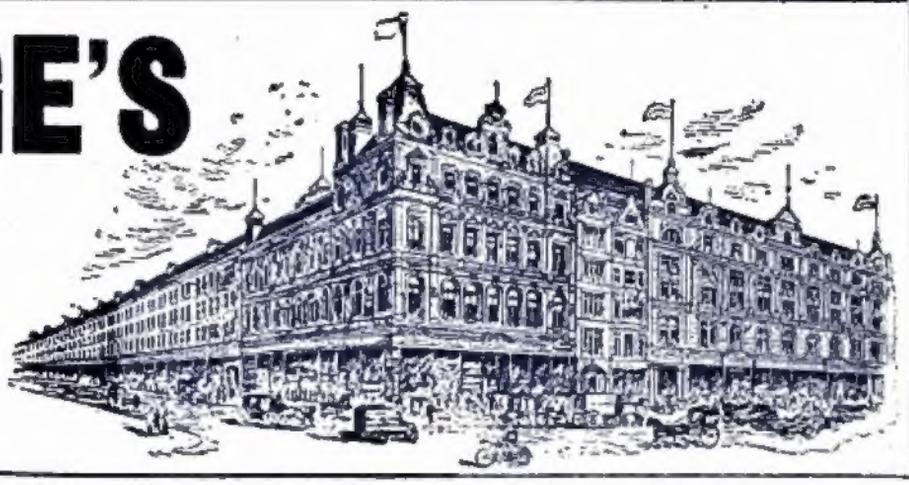

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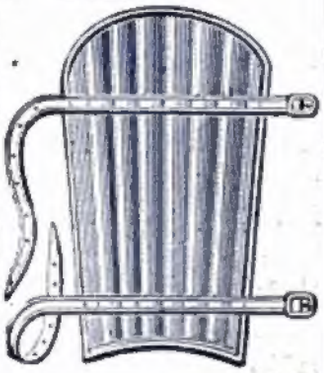

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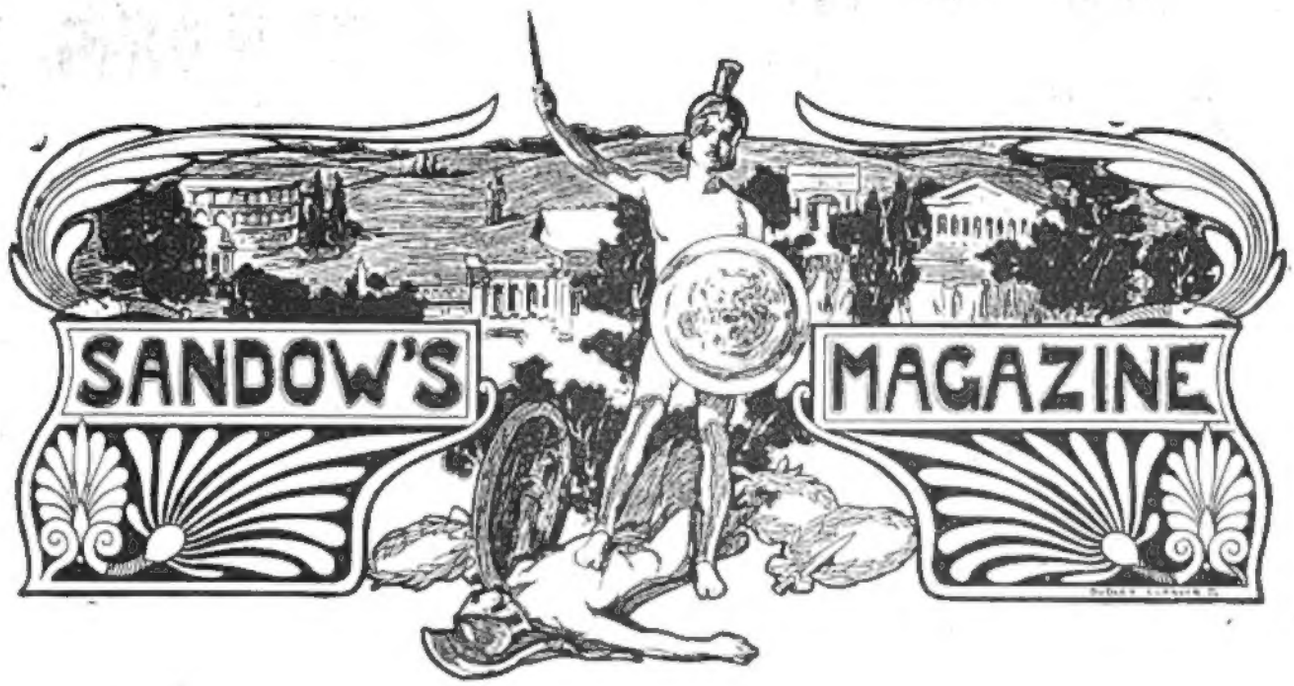

Vol. XV. (New Series). OCTOBER 12TH, 1905. No. 119.

Physical Culture.—Exercise v. Drugs.

By EUGEN SANDOW.

BY this time everyone who reads must have become acquainted with what I consider one of the most important branches of Physical Culture—I mean my curative system. It has been extolled throughout the world, and thousands—I might almost say millions—can testify to the tremendous benefits which they have received, as the result of following out my instructions and advice. But it is not with a view to again bringing to the notice of my readers my system, its advantages and results, so much as to draw attention to the remarkable change of front that has taken place during the past few years. When I first brought to the public notice my system of curative Physical Culture and postal instructions, whereby I was able to combine the two things, and so give the benefit of my advice to those beyond the seas, with whom I was unable to come into close contact, I was denounced in certain quarters as a quack, and, indeed, even in this enlightened period, when people realise the value of exercise more than at any other time in this generation, there are still some who endeavour to prejudice their minds against something

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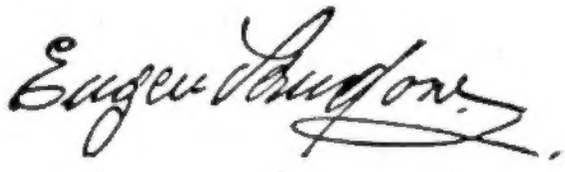
that is good, and do their best to cry down what is assuredly one of the greatest innovations of modern times.

Quite recently I had the pleasure of introducing into these columns the expressions of certain prominent medical men, who had realised—and not from hearsay, but from actual experience—the immeasurable benefits accruing from my system of Curative Physical Culture. These letters were the subject of considerable comment, particularly in the Medical press, but it appears that at last we have come to a stage when what I always insisted would happen, *i.e.*, the celebrated axiom of Dr. Wendell Holmes —"that if all our drugs were thrown into the sea, so much the better for men, and so much the worse for the fishes"—is being realised. Of late, many of our leading medical men have testified to the great and urgent necessity for a national system of Physical Culture, realising how necessary systematic exercise is for the health and prosperity of the nation. But these advocates have been considering the situation more from the physical standpoint than the curative, and it is the latter with which I am dealing now. It therefore gives me the greatest pleasure to draw attention to the results of the Medical Congress, which has recently been held, and where the most famous medical men of the world have unanimously agreed that, in order to eradicate the majority of evils, fresh air, exercise, and hygiene, are primarily the most efficacious and satisfactory means. Apparently, judging from the expressions of opinion of experts, the Medical profession generally is at last coming to realise that prevention is better than cure, and that it is to prevention by means of fresh air, exercise, and rational diet, that the majority of ills must be combated. As a prominent medical man said recently, "even the public are beginning to see through the dark fetish at last, and are discovering that it is to themselves individually and collectively that they must look for that soundness of body, and those preventative measures which alone are of moment in the fight of disease. Sound dietry, exercise, and cleanliness, are becoming more and more recognised as the 'drugs' that matter most. The doctors' work in the future will much more consist in teaching the public to be its own doctor than in pandering to its illness by trying to patch up the results of previous carelessnesses. We are becoming to find Abernethy's prescription, 'Live on sixpence a day, and earn it,' is the best of all maxims. Among sensible people the idea that diseases can be 'cured' in the old sense of the word, is getting fainter every year. Fresh air, cleanliness, proper drainage, good food, abstention from or moderation in the use of alcohol, *exercise*—these are the weapons wherewith to meet the great majority of the diseases to which mankind is subject." These are not my words, but the expressions of opinion of a prominent medical man, and it would be well for all to carefully weigh his words. They require no further additions from me, and can be well left to speak for themselves, if only as an eloquent support to the arguments which I have persistently used for many years past.



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Hints on Club Swinging.

By TOM BURROWS

(Champion of the World).

Edited by F. NEVILLE PIGGOTT.

Cinematograph photographs specially for this series by R. W. Paul, 68 High Holborn, W.C.

IX.

The series of movements shown in Figure XXXIX describe a cross front and hip glide with three clubs, and may be combined, with advantage, with those shown in Plates XXXII and XXXIII with two or three clubs, as the case may be. You commence with an outward swing, and when you reach the position shown, cross the right hand holding the two clubs in front of the left.

The next two illustrations (Plates XL and XLI) give a very clear representation of the side roll with three clubs, the eight pictures showing the complete combination. So clear are the pictures in this instance that description is almost unnecessary. The two clubs in the right hand must be kept the same distance apart the whole time that you are completing the inward circle, and, having reached the position shown in No. 4 of Plate XLI, continue the roll downwards.

Again, in Plate XLII we have a difficult parallel combination with four clubs, which it is very advisable you should commence practising first of all with two clubs, one in each hand, and, having effected the movement under these conditions, extend your work to four clubs. Do not place the clubs too close together, but keep them sufficiently apart, to prevent them knocking against each other.

The next series is another similar combination with "bunched" clubs, and these will be found most effective as changes from extended swings, especially when you have become sufficiently expert to make the alteration quickly.

Continuing the series of "bunch" roll combination with four clubs, we have, in Plate XLIV one which you will probably find rather difficult, as, in order to avoid the possibility of the clubs knocking one against the other, considerable practice will be necessary. The principle of the movement is to make the four clubs roll over the right or left arm, and the exact positions are so plainly shown in the series of illustrations, as to need no further explanation from me.

Plate XLV completes the previous series, and shows how the movement opens out until the clubs in one hand or the other are extended right above the head. As will be seen, this is a very effective combination.

In Plate XLVI we have another difficult exercise with four clubs, showing an outward "bunch" movement, which

will test your powers of endurance considerably. The movement commences from the outward front and back shoulder combination, the hands being drawn in as the movement proceeds.

(To be continued.)

PLATE No. XXXVII.

Photo. R. W. Paul.

STAR WINDMILL COMBINATION, WITH FOUR CLUBS.

PLATE No. XXXVIII.

Photo. R. W. Paul.

STAR COMBINATION, WITH THREE CLUBS.

PLATE No. XXXIX.

Photo. R. W. Paul.

CROSS FRONT AND HIP, WITH THREE CLUBS.

PLATE No. XL.

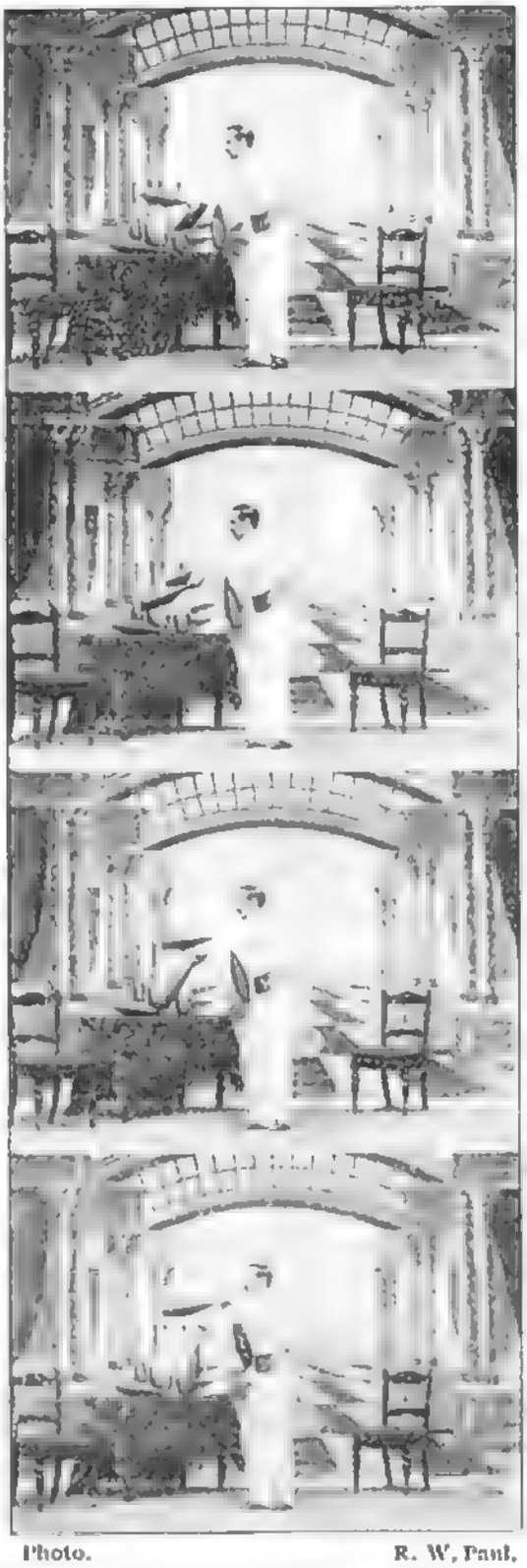

Photo. R. W. Paul.

SIDE ROLL, WITH THREE CLUBS.

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V. A. Venayeeka, Bombay.

Jiu-Jitsu *v.* French Boxing.

Jiu-jitsu versus French boxing—which allows kicking—ought to prove a lively contest, wires the Paris correspondent of the *Daily Telegraph*. Two champions, G. Dubois and a man who calls himself Re Nie, presumably in order to appear as Japanese as possible, have arranged to fight each other on these lines. The encounter is to come off in a few days privately, and is to be arranged as a duel with seconds. The rules of the contest sound alarming. Practically, every method of attack will be allowed, except biting and "gouging out the adversary's eyes." The ring will measure 37 ft. square. The umpire will be chosen by the four seconds. Except that hob-nailed boots are forbidden, every latitude in dress will be allowed. Re Nie, the jiu-jitsu champion, is a Frenchman who has lived in London, and there met a Japanese boxer, Miaki, from whom he learnt the art. He was also under a French boxer, Francois le Bordelais. G. Dubois is a professional French pugilist and kicker. He will employ every kind of blow known either to boxers or to "apaches," i.e., hooligans. These tricks, usually forbidden, but considered allowable against jiu-jitsu, nclude butting with the head, tripping up with the hands or feet, wrestling, and kicks in any part of the body. His tactics will be to keep as far out of Re Nie's reach as possible, and to punish him with kicks the while. Once caught, the deadly jiu-jitsu would probably overcome him. The seconds and umpire will stop the fight whenever it becomes brutal. But one fails to see, adds the correspondent, how it ever can be anything else.

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The Tightest Place I was ever in.

VI.—In a Colorado Barn.

By R. B. TOWNSHEND.

(Author of "Lone Pine," &c.).

• • •

"LOOK here," said I to Lew Kizer, the new Texas cowboy I had hired, "all the antelope have left this range, and I'm blessed if I'm going to live on bacon all winter."

Small wonder that they left after Rebel Jim sent in three hundred antelope carcases to Crockett City in the first three weeks of September, all of which he killed with his telescope-sighted rifle within six miles of my Colorado ranch. I don't blame him. He was hunting for a living; he got it too.

"In Texas," said Kizer, "when we was short of beef we mostly killed a maverick." Maverick was the name the Texas men gave to an ownerless animal that wears no brand, and Kizer, I should explain, had come up with a Texas herd, and had never been in Colorado before.

"Colorado is not Texas," said I, with emphasis. "Colorado's too high-toned to let common fellers like you and me kill mavericks. We're not school trustees. Special law here assigns all such unbranded animals found at large to the trustees of the school fund."

"Well, what're ye going to do about it?" said the cowboy. "Kill a stray? There's a few ungathered strays of the J J's left over, as I've heard. Owner's gone back to Texas after selling out. You could offer to pay if you ever happened to meet up with him."

"H'm," said I. "There's a cowmen's vigilance committee in this country of El Paso that keeps their little eye open for that sort of thing. I might have to explain my action to a surprise party of masked gentleman who came provided with a rope. No, I can't kill a maverick, and I can't afford to kill one of my best steers, but I can tell you what I've made up my mind to do. You know that white bull of mine I showed you with the red ears—he's far too good a fighter to be popular round here, so we'll get him in and beef him. He'll be fat enough to be good meat, for he's had four months on the best buffalo grass in Colorado to fatten on since August."

GETTING IN THE CHRISTMAS DINNER.

So next day we rode out on the range to find the bull; we had to hunt further than we expected, for the bitter storms of winter had already begun, and the cattle were much scattered. We found him, however, at last, along with his enemies of last summer, Randall's Durhams, peacefully feeding. Rivals who in summer thirst day and night for each other's blood often chew the cud of peace side by side in winter, a picture of harmony.

We drove the whole bunch up to my corrals. Already a blizzard was coming down from the north. The sky had clouded over, the wind was biting cold, and flakes of snow began to fly.

"It'll be a freezing job to butcher him out here," said I ruefully to Kizer, as with numb fingers we put up the corral bars. Kizer, whose heart was back in

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his own warm, sunny south, agreed emphatically. He loathed the Colorado climate.

"Look at here," I said. "I'll tell you what let's do. We'll open the door of the barn"—in the West a stable is called a barn—"and get him inside there to kill. It's warm in there out of this wind."

Kizer, who was already chilled to the bone by the rising Colorado zephyr—our pet name for a blizzard—joyfully agreed. We turned our horses loose to join the band; we were not stabling any of them yet, for grass was good and the western cowpony of that day was bred able to fend for himself out of doors all the year round, and he often had to do it. We got the knives, and the gambrel-stick and a rope to sling him up by after he was shot, as well as an axe and a bowl of hot water for splitting and washing the carcase, and set them in a corner of the empty barn, while I put fresh caps on my six-shooter and belted it on. Our preparations were complete.

A FIGHTING BULL.

We threw open the door of the barn going on the corral with a view of driving the bull inside. The barn was some eight feet high to the eaves, with a loft above it, now stuffed as full of hay as it would hold, for we expected to feed hay to my dozen of cowponies, at least during the worst storms before spring. The barn had an eight-foot gangway down the middle, and three low-mangered double stalls on each side, divided by strong pole partitions about five feet high.

Cautiously we went out into the big corral, where the bulls, whom we had driven very quietly, were standing. The four young Durhams belonging to Randall had been raised on a milk ranch, and were tame enough. But the white bull was prairie bred, and could, I knew, be a bit of a handful if he liked. He was not a Spanish bull from Texas, spite of old Randall's base insinuations; but his red muzzle and ears showed that he threw back to the ancient white cattle of Great Britain, now represented only in the famous wild herds of Chartley and Chillingham and in the occasional white specimens not rarely to be seen in the south-west of Wales. It is a noble breed truly, but better fitted to survive in the struggles of the prairie than of the show yard.

We dodged around very quietly to avoid exciting the brutes, and more than once we had brought our quarry nigh up to the open door, but the son of the prairie had no use for barns and declined to enter. Already he began to grow uneasy; he suspected something, and was anxious to escape from the corral.

"You go and open the far door of the barn," said I to Kizer, "and stand behind it. Then when he comes to this door again and sees daylight through the two doors he'll try to make a bolt for it. You bang yours in his face and I'll shut mine behind him, and we'll have him nabbed."

No sooner said than done. Kizer opened the far door, I manœuvred him again up to the near one; he thought he saw his chance for liberty and made a dash through, only to find one door slammed before him and the other behind; a bellow of dismay proclaimed that he was trapped.

A BAD SHOT.

The first part of our job was done; Kizer came round and we turned the other beasts loose; then we went to the barn. The bull was waiting quietly inside.

"Who's going to shoot him?" said Kizer.

Mostly I did it myself, and prided myself a little that I never yet had had to shoot twice. But I had heard great things of the Texas cowboys' shooting powers, and on the impulse of an ill-starred moment I said: "Oh, you if you like," and I handed him the gun. She was an old muzzle-loading .36 Colt, that most people would laugh at to-day, or say was only fit for a museum, but she was never beat for straight shooting, and I told Kizer so as I handed her over. Scott! what an idiot I was.

We peeped through the crack of the door—the barn was very stoutly built of logs, but it was not chinked all round and had a window on the south, so it was pretty light inside. We could see the bull at the far end. Swiftly I slipped the bolts, and we stepped silently in, Kizer

in front, the pistol cocked in his right hand; I bolted the door behind us.

"In the curl as he turns," I whispered quickly. There is a curly lock of hair in the middle of a bull's forehead, a bullet through which will find the brain.

And even as I whispered the bull turned, or rather spun rapidly round as if on a pivot. Up came the pistol which should have been raised before—there was a bang, and then—well, what ought to have happened was the bull's twelve odd hundredweight of beef flat on the floor, and us two running forward with the knives to bleed him. But what really happened next I never could precisely remember; everything went so blamed quick. What I seem to see is Kizer and myself leaping, like scared cats, from mangers to the tops of partitions between stalls while a mad bull with a bloody forehead chased first one and then the other of us from stall to stall like a terrier hunting rats. Never shall I forget the frantic terror of those breathless minutes, or the furious roars of the savage brute, while I felt his red-hot breath on my hands as I squeezed across between partition tops and ceiling, followed by the rattle and crash of his horns against the strong partition poles as he struck viciously at me; in dreams I still repeat my frenzied leaps across one stall and headlong scramble for the next partition while the bull backed out and came round the corner after me with a rush. The sense of utter impotence, with a ghastly, horrible, violent death, the instant penalty of the least slip or slowness in scrambling, was more hideous than I can say. It was like the horrors of

A NIGHTMARE COME TRUE.

Breathless, bruised, and bewildered, sweat streaming off me, I paused at last for a moment's respite on one of the partition tops; the bull had given me a rest and gone for Kizer.

"Where's the gun?" I shouted. But Kizer, absorbed in his own frantic efforts to escape the bull, heard nothing, took in nothing.

"Shoot him! Great Scott, why don't you shoot him?" I bellowed.

Then, as my wits collected themselves, it dawned on me that he must have dropped the pistol, for he had no holster to put it into, and needed to use his hands in climbing. I looked on the floor, and, sure enough, there it lay in the first stall on the opposite side. If I could only get at it. But there was that broad gangway to be crossed in the face of that raging monster. Well, it had to be done. I dropped to the ground off my partition, saw the bull in the far stall jabbing savagely upwards at Kizer, who was scratting over his partition like a cat. With one bound I crossed the gangway, stopped, and rose again with the pistol in my hand. Heaven be thanked, the hammer did not jam, but came back with the pull of my thumb and stood full cock. Would she miss fire? I had fears lest the bull might have stamped on it and put it out of kilter, but there was no time now to look, for he had spotted me, and instantly backing out of the stall turned my way. As his head came round I was glancing down the sights: my special fancy was for the butt of the ear shot, but the red hairy ear twitched swiftly past ere I could pull the trigger. Now the broad white face was straight opposite me; I caught the sight on the curl, and bang she went. Thank goodness the pistol was all right. Crash to the floor went the great white bull, his legs jerking convulsively in the death flurry.

It was all over. Kizer came down from his perch; we bled the carcase, wiped our steaming faces, drew a few deep breaths, and chaffed one another over our respective climbing powers as we fell to work skinning, just as if five short minutes earlier we had not been at hand-grips with imminent death. I have faced the fury of a blizzard on the Great Plains, I have been battened down on a cattle ship for thirty-six hours in the Western Ocean while every hoof on deck was swept overboard, I have sat helpless in the middle of a ring of angry Indians while the debate raged whether I should be put to the torture or not, but I think the King of Terrors never came closer to me than for five minutes on that short November evening when all I was thinking of was which joint to select for my Christmas beef.

MR. SANDOW'S RETURN . . . .

* * *

A few pictures showing the enthusiastic greeting - - Mr. Sandow received at - - Dover and Charing Cross on his return from his - - successful tour. - - -

I.—Coming Ashore at Dover.

II.—The Reception at the Admiralty Pier, Dover.

III.—The Crowd on the Pier Steps.

IV.—Mr., Mrs. & Miss Sandow about to entrain for London.

V.—Mr. Sandow leaving Charing Cross Station in his Motor Car.

WRESTLING CONTESTS.

* * *

Madrali *v.* Jenkins.

We are indebted to *The Sportsman* for the following excellent account of the first great wrestling match of the season :—

Many a long day has passed since a wrestling match, the like of that decided at the Lyceum of October 2nd, has been fought out in London. Matches of a more scientific character may perhaps have been seen, but, as an exhibition of downright hard work, strength, and determination, especially on the part of the winner, the struggle must rank as one of the greatest ever brought off in the Metropolis. In view of the notices which have already appeared in *The Sportsman*, it is hardly necessary to add that the competitors were Ahmed Madrali, the Turk, and Tom Jenkins, of Cleveland, U.S.A., who, on the 11th of last month, signed articles at *The Sportsman* Office, for a match, the best of three falls, in the catch-as-catch-can style. Though only for a modest £50 aside, the affair had, from its inception, a thoroughly genuine ring. The contract was entered into without the slightest fuss or paper warfare, and when Mr. Thomas Barrasford offered a purse of £150 for the men to settle the question of superiority at the Lyceum, it was accepted at once. The result of the meeting between the giants should give a rare fillip to the sport, for, though perhaps more rough business than necessary was introduced, the contest was disputed in such deadly earnest, that the greatest glutton must have been satisfied with his money's worth at the finish. Madrali, who completed a week's engagement at Boscombe on Saturday, reached town the following day, but Jenkins had been in London the full week previous to the match. Both men were on the scene of action early in the afternoon of the 2nd, but they shook hands for the first time when a start was made with the battle. Despite rumours to the contrary, the match caught on in no uncertain manner with the public, and though the prices ranged from one shilling for the gallery to three guineas for a box, Mr. Barrasford's fine house was packed in every part but the stalls. It had been found necessary to refuse shillings half an hour after the doors were opened, and just before three o'clock every half-crown seat in the building had gone. Finally, there was room in the half-guinea stalls, but stage seats were occupied by many shining lights in the world of sport, while Stock Exchange men rubbed shoulders with West-Enders, and visitors were in evidence from different parts of the country. Altogether it was a fine and thoroughly representative gathering, and though at the start a little bias in favour of the American was noticeable among the "gods," generally speaking it was a fair and impartial crowd. The summary manner in which Hackenschmidt had disposed of Antonio Pierri's *protégé* at Olympia, caused not a few who follow the fine old sport of wrestling to consider the Turk an overrated man, one who it was thought would, even in his own particular style of catch-as-catch-can, go down again the first time he tackled an opponent anything like his equal in weight. Jenkins, though eight years the senior of the Oriental, was known as a skilful, tricky wrestler, and those who had lost some faith in Madrali attended the Lyceum quite prepared to see his downfall. This however, was not to be, for, in the course of an extremely hot

set-to, the Turk justified the opinions formed of him by his supporters, for, after winning the first fall in 19 min. 48 sec. he made the pace so warm for the American that Jenkins collapsed at the end of 22 min. 46 sec., and, of course, lost the match.

Madrali took the mat in the pink of condition, but Jenkins seemed to have put on a few pounds since he was interviewed last week by a representative of this paper. The men had not been in holds many seconds ere it was seen that something out of the common was in store for the onlookers. Previous to the start both were cautioned by the referee, the Turk through an interpreter, but before the affair was over, Mr. Balin's services had to be again utilised. Madrali at once forced the work, and his improvement in the matter of speed was quickly apparent. Jenkins, crafty and cunning, slipped and evaded many locks and holds the Turk tried to put on him, but eventually he was forced down, and from the first five minutes to the end of a vicious set-to, the American was invariably on the defensive. Showing great energy and strength, Madrali was very aggressive, and all went well until in the seventh minute Jenkins, in his efforts to break a hold the Turk had fastened on his ankle, kicked his man full in the face. A howl went up from the house, a claim of "foul" from Pierri, and a caution from the referee. Jenkins argued that he was only trying to free himself and that Madrali was to blame for having his head in the way. This increased the "feeling" associated with the match at the start, and the Turk went neck and crop for his opponent. Jenkins got off the mat—all too small for a battle with big men—several times for safety, but he surely—if slowly—began to feel the effects of the tugging given him by his opponent, and Madrali, getting the American on his haunches, gradually forced him back, and, pressing him down, by sheer strength won the first fall amid uproarious cheering. It should be mentioned that, whereas Madrali was barefooted, Jenkins wrestled in light leather boots. During the ten minutes' rest allowed by the articles, Pierri demurred at this, but, not pressing his protest, the men stood up for the second fall as before. Again Madrali was the aggressor, and once more Jenkins was called upon to bring every move at his command into play to stave off the vigorous onslaught of his big and determined opponent. For a little while the American was hustled all over the mat, and until he reached the floor the work was somewhat rough. Madrali had evidently made up his mind to get the thing over as soon as possible, but Jenkins was still smart and skilful, and after some very severe ground work the Turk, with all his power, was glad of a brief rest. Jenkins offered so stout a resistance that the second bout was more protracted than the first. Finally he had all the breath squeezed out of him, and, unable to continue the bout, he was, of course, adjudged the loser. The American was picked up by his seconds, and, reviving at the end of a few minutes, made for his dressing-room, while Madrali and his party left at once for Brighton, where the Turk later in the evening commenced a fortnight's engagement. So ended a match about which those present will, no doubt, be talking for some time to come. Considering the disadvantages of age, weight, and conditions under which he was labouring, Jenkins made a very creditable show. His work certainly was almost throughout of a defensive character, and only once during the struggle did he manage to get behind the Turk. The kicking might have been left out, and in order to save his reputation and do the best for his backer, he several times made his way off the mat, which, as we have said, was far too small for an affair of such importance, more especially between two big men. Madrali's display must have come as a revelation to his detractors. Tremendously strong, the Turk made full use of every part of his body, and, served by his power and condition, he was able to keep up an attack which prevented Jenkins from taking rests he needed so badly. That Madrali has improved in speed was plainly evident, and his recent display should

cause additional interest to be taken in the return match with Hackenschmidt.

Mr. G. T. Dunning, appointed by the Editor of the *Sportsman*, was referee, Mr. George Harrington M.C., and Mr. V. Mansell, of the *Sportsman*, took the times.

Prior to the chief event, two very interesting bouts were wrestled. In the first, Joe Carroll, the famous Lancashire exponent, met Schultz, the German, in catch-as-catch-can style. The work was of the neatest character, for Carroll, although more aggressive, allowed the Teuton to do some of the attacking. It was a scientific display of all that is good in wrestling, and when at the end of 10 min. 40 sec. Carroll, with a leg-and-arm hold, pinned his opponent down, the cheering was very loud. Next Charley Green, of Wigan, met Miller, of Austria, in the Græco-Roman style. This was another attractive item, for both men indulged in some very fine holds. Green was always doing nice work, but Miller, a strong young fellow, gradually wore him down, and at the end of 9 min. 55 sec. won the bout.

Then, after an interval, everybody settled down whilst the M.C., Mr. George Harrington, stated the particulars of the match between Madrali and Jenkins. For this Jenkins had as second Billy Tucker, the American ball-puncher, and Madrali the famous Lancastrian, Joe Carroll. All being ready, the men faced for the

FIRST FALL.

Both adopted the usual crouching position, but were content with light hand holds for half a minute. Then the Turk made a sudden grab for the American's legs, but the latter, detecting the ruse, slipped away with his opponent hanging on to the foot. Jenkins went to the mat, but managed to wriggle out, and at the end of a minute they were facing again. Neck and arm holds followed, but then the Turk made another attempt to get at Jenkins' legs, the latter in stepping back going off the mat. The referee having ordered them to the centre, they again faced. The play that followed was of an exciting character, for Madrali went after his opponent and roughed him on the mat. Jenkins, held by the legs, made a big effort to free himself, Madrali all the while trying to turn him on to the back of the neck. At length, with a desperate wriggle, the American managed to free his legs, but in doing so accidentally kicked Madrali in the face. The Turk was cut above the bridge of the nose, but took little notice of this, although his second protested. For the next three minutes Madrali took matters fairly easily. He went to Jenkins' back and calmly wiped the blood from his nose with one hand whilst he held the American with the other round the body, the latter all this while playing defence. Directly Madrali started an attack Jenkins slipped off the small mat, a state of affairs that caused several temporary halts and some impatience amongst the company. In the tenth minute the Turk got a splendid leg-and-arm hold on to Jenkins and all but pinned him down. The American slipped away, but he was given no peace, for Madrali continued his severe attack, bringing to bear severe half-Nelsons and a number of tight body locks. With his legs and arms he squeezed his opponent very severely, but every time when in desperate straits the American managed to crawl off the small mat. The interpreter, Mr. Balin, had to be called in at the thirteenth minute in order to explain to Madrali that he would not be allowed to make a new hold when off the mat. He smiled his acquiescence, and then, during the fifteenth minute, was for the first and last time in the bout "under man." However, for only a minute was Jenkins behind, for Madrali then recommenced his attack. During the seventeenth minute he had his opponent by the legs and on his head, but Jenkins, although tiring, freed himself, and in doing so again kicked Madrali in the face. The Turk did not take this in good part, and evidently thought it was meant. He stepped back, and making a noise with his mouth, something like "Woo-woo-woo," fixed his eyes on Jenkins in a very vicious manner. The bout soon ended after that, for the American was dragged all over the mat, his

forehead being cut in the process. At the end of nineteen minutes Jenkins was being gradually levered on to his back. With all the weight of his body on his opponent's face and both hands on the shoulders, Madrali got him down. Once, with a game effort, Jenkins managed to raise both shoulders from off the floor, but the Turk never loosed him, and at the end of 19 min. 48 sec. had pinned both shoulders as fairly and squarely as could be wished.

SECOND FALL.

They faced again after an interval of ten minutes. Madrali at once set to work, as after 30 sec. he dashed at his opponent, and lifting him up bodily, brought him down on the mat with great force, Madrali being on top. Jenkins rose quickly, thus indicating that no harm had been done, and for some time afterwards quite checkmated his opponent, who, as in the previous bout, did all the attacking. Madrali repeatedly fixed heavy arm and body locks on to his opponent, but just as surely the American managed to slip off the mat. How many times the men were off the square it is difficult to say, but it must have been at least half a dozen in the first eight minutes. Then, in the ninth minute, Madrali got a double leg hold on to his opponent, from which Jenkins found it extremely difficult to escape. With a great effort, and after severe handling, he managed to roll out of danger, this being quite his best piece of work. After this Madrali was content to take matters fairly easily for a few minutes, but from thence to the close he never gave his opponent any peace. With Jenkins in a sitting position, he fixed a number of heavy body holds. These were put on with both legs and arms, and must have caused Jenkins a deal of discomfort. Pulling his arms round his opponent's stomach, he gripped Jenkins as hard as he could. Once the American succeeded in getting off the mat, but no sooner had they returned to it than the Turk was after him again, and with a sudden change to a leg and arm hold almost turned him over. Severely roughed as he was, Jenkins was thoroughly game, and once more managed to partially free himself by taking a sitting position. However, at the end of the nineteenth minute, Madrali again went out to win. Winding his legs round his opponent, he, with arm leverage, turned Jenkins on to his side. The latter struggled on to his stomach, from which position he could never free himself. With his right arm on the back of Jenkins's neck and the left tightly pulling the American's right arm, the Turk brought every ounce of his weight to bear on to the prostrate American. Suddenly the latter gave out a cry of distress, at which the referee put his hand on Madrali and pushed him away. The Turk, much surprised, rose to his feet, but Jenkins never stirred, and on his second running to him it was found that the severe mauling he had received had caused him to collapse. He came round in about two minutes, but it was impossible for him to resume the bout, and, helped by two friends, he went to his dressing-room. This was announced to the company, Madrali being awarded the contest; the second bout having lasted 22 min. 46 sec. Thus ended quite one of the most desperate and strenuous contests that has been seen in London in recent years.

* * *

Directly he had scored his sensational victory at the Lyceum, Madrali, in company with his backer, Antonio Pierri, Mr. George Harrington, the M.C., and the remainder of the combination, took train for Brighton, where, later in the evening, the Turk commenced an engagement at the Alhambra Theatre of Varieties. The result of the match in London, announced from the stage by Mr. Harrington, was received with great enthusiasm, and all the members of the troupe received a great reception.

* * *

Jenkins, who was taken to his hotel and given a hot bath, soon recovered from the effects of the severe bout in which he had taken part, and soon after he was out and about, complaining of nothing but a little soreness about the body. The American has left town for a short stay in the country, and, in all probability, he will sail for home in

the course of the next fortnight. Jenkins considers Madrali one of the most powerful men he has ever met. At the clubs and the West-end resorts the match was freely discussed, and on all hands it was voted a thoroughly genuine trial of skill and strength, and one of the most interesting displays seen in the Metropolis for many years.

* * *

Neilson *v.* Gotz.

The Metropole Theatre of Varieties, Camberwell Green, was filled on Sept. 29, when Lauritz Neilson, the Dane, and Peter Gotz, the German, took the mat to wrestle in the catch-as-catch-can style for stakes and purse-money amounting to £100. The conditions were, to contest an hour, and in the event of no fall being gained the match to be drawn. Neilson looked 10 lb. the heavier man. Almost throughout Gotz was on the defensive, and though Neilson put in a lot of hard work he failed to gain a fall, and a draw was the result.

Both men are well-known in Metropolitan as well as provincial circles, and Gotz has for some time challenged the world at his weight, 10 st. 2 lb. Neilson will be remembered chiefly perhaps for his matches with Peter Bannon, of Burnley. He also won a tournament at the Crystal Palace, and was for some time a member of Antonio Pierri's troupe when the Greek and his men were showing at the Alhambra and the Pavilion. The bout was the third contested by the men, both having previously won a match. Mr. Jack Neil, who acted as M.C., having introduced the principals, the referee, Mr. Bert Hanbury, and the timekeeper, Mr. Abrahams; the men shook hands at twenty-five minutes to eleven for

THE CONTEST.

A good deal of fencing took place at the start, and three minutes passed before Neilson got a neck hold. The struggle for the fall was as long, but eventually Gotz went to his knees. Neilson tried to put on the half-Nelson, but the German cleverly avoided the hold, and at the end of eight minutes both were on their feet. Then Neilson got a waist hold, and with Gotz down again the Dane did all the attacking. As eleven minutes were called Neilson fastened a Nelson, but just as he looked like turning his man over, Gotz got over the mat. Still doing all the work, Neilson made desperate efforts to turn his opponent over, but Gotz got on his haunches, and later saved himself with leg locks. Seventeen minutes passed, and here Gotz created some excitement by slipping a hold and getting behind his man. Neilson, however, was soon attacking again, but, though Gotz did a bit of work, half an hour passed without a fall.

Following a rest of ten minutes, wrestling was resumed. Again Neilson was the aggressor, and once more Gotz fell back on safety tactics. For twelve minutes Neilson tried all sorts of locks which the other resisted, and though the men were frequently on their feet, there was nothing of note for the first fifteen minutes. Gotz then caused a flutter of excitement by breaking away and getting behind the Dane. The men, however, soon dropped back into the old groove, Neilson forcing and Gotz on the defensive, and, no fall being gained, the match was drawn.

* * *

Neilson, being dissatisfied with the result of his contest with Gotz, announces that he will make another match under the following conditions. Both to be at catch-weight, the best of three falls in the catch-as-catch-can style for £50 or £100 a-side. Neilson will make a match with any British wrestler in the Græco-Roman style for £50 or £100 a-side, at catch-weight, the best of three falls.

We are asked to state that the Essex School of Physical Culture, at 9, Leytonstone-road, Stratford, E., is now open for the season. Practice nights on Tuesdays, Thursdays, and Saturdays, from 7.30 to 10 p.m.

Australian Boxing Championships.

The third competition for the above championships took place in the Brisbane Gymnasium Hall on August 7th and 9th. The attendances were large, and (says *The Courier*) the Queensland Association is to be congratulated on the arrangements carried out. A carefully-constructed ring was erected, and for the first time in this State the ring was padded with a surface of canvas, and the innovation met with the approval of all. Certain other improvements were effected, the most noticeable of which was the installation of incandescent lights over the ring, and the light was perfect. Indeed, no fault could be found with any of the arrangements, which were on a complete scale. The crowd was a very good-natured one, and the visitors one and all did not fail to be impressed with the reception accorded them. It will be noticed that J. M. Griffin, twice winner of the middle-weight, the best boxer in New Zealand, did not defend his title. Mr. J. E. Baines was referee; Messrs. T. Welsby and E. Colclough, judges.

BANTAM-WEIGHT.

First Series.

E. V. Baird (New Zealand), 8 st. 0½ lb., beat D. Brown (Queensland), 7 st 13 lb.—Brown scored occasionally by right and left swings, but Baird was very aggressive all through the four rounds, and gained the verdict on points.

J. Cantwell (Queensland), 8 st. 1 lb., beat E. A. Price (New South Wales), 8 st. 1½ lb.—Cantwell got all over his opponent from the start, and the referee stopped the bout at the termination of the round.

Final Bout.

J. Cantwell (Queensland) beat E. V. Baird (New Zealand).—This was a very even go, first one and then the other having the lead. At the conclusion, the judges were divided, one declaring a draw and the other in favour of the Queenslander, who gained the verdict of the referee's decision.

PREVIOUS WINNERS.

1903—T. Dickinson, New South Wales.
1904—T. Dickinson, New South Wales.

FEATHER-WEIGHT.

First Series.

J. Dowdridge (Queensland), 8 st. 10 lb., beat J. E. Morris (New Zealand), 9 st.—The New Zealander had no chance against the scientific Queenslander, who won easily on points.

W. Batten (New South Wales), 8 st. 13 lb., beat J. Roughsedge (Queensland), 8 st. 7 lb.—The Queenslander was outclassed and gave up at the end of the third round.

Final Bout.

J. Dowdridge (Queensland) 8 st. 10 lb., beat W. Batten (New South Wales), 8 st. 13 lb.—This bout is described as being one of the finest seen in Brisbane between amateurs. The Sydney representative proved a smart and clever boxer, possessed of a particularly good left. Dowdridge appears to have been fully extended, and at the conclusion of the bout the judges disagreed, one favouring Batten and the other Dowdridge. The latter secured the referee's verdict.

PREVIOUS WINNERS.

1903—J. Dowdridge, Queensland.
1904—J. Dowdridge, Queensland.

LIGHT-WEIGHT.

First Series.

W. Gorman (New South Wales), 9 st. 12 lb., beat J. Bagley (Queensland),

9 st. 8½ lb.—This was a very close and exciting contest. Bagley adopted rushing tactics, and clinched a lot. Gorman showed considerable skill in avoiding the rushes, but, on the whole, appears to have had somewhat the worst of the exchanges. He, however, secured the judges' verdict.

G. Williams (New Zealand), 9 st. 12 lb., beat G. Newlands (Queensland), 9 st. 10 lb.—The New Zealander led throughout, and had a good margin in hand at the finish.

FINAL BOUT.

G. Williams (New Zealand), 9 st. 12 lb., beat W. Gorman (New South Wales), 9 st. 13 lb.—The New Zealander had slightly the best of the first two rounds, and all the best of the third. As the fourth was about even, the judges had no hesitation in declaring in favour of Williams.

PREVIOUS WINNERS.

1903—D. Parbery, New South Wales.
1904—D. Parbery, New South Wales.

MIDDLE-WEIGHT.

FIRST SERIES.

A. J. Scanlon (Queensland), 11 st. 11 lb., beat F. A. Nash (New Zealand), 10 st. 12 lb.—This was a slashing contest. Scanlon, sturdy and in splendid condition, forced matters and gave Nash no rest in the first round. In the second the New Zealander had slightly the best of it. The third was most vigorously contested, and the Queenslander proved the stronger man, opening the fourth in a manner which was much too fast for Nash, who gave up half-way through the round.

R. L. Baker (New South Wales), a bye.

FINAL BOUT.

R. L. Baker (New South Wales) 10 st. 12 lb., beat A. J. Scanlon (Queensland), 11 st. 0½ lb.—The New South Wales representative had matters practically all his own way, and fully sustained his high local reputation.

PREVIOUS WINNERS.

1903—J. M. Griffin, New Zealand.
1904—J. M. Griffin, New Zealand.

HEAVY-WEIGHT.

P. Kling (New South Wales), 12 st. 9 lb., beat A. D. Munro (Queensland), 12 st. 5 lb.—These were the only entrants. The bout lasted a round and a half, Munro being disqualified for clinching. Kling was undoubtedly the better man.

PREVIOUS WINNERS.

1903—H. N. Taylor, New Zealand.
1904—J. M. Griffin, New Zealand.

Sport as an Aid to Duty.

The man, or boy, who can give his whole soul to sport (in the most extended acceptation of the term) has very little soul to give. His sense of the majesty of the universe, of the fascination of the world, and of his duty to his country, must be hopelessly atrophied. How far it may be true that the battle of Waterloo was won in the playing fields at Eton we need not here inquire; but unless we take thought betimes, there is another battle that will assuredly be lost on these same playing-fields—the Armageddon of the future. Mr. H. G. Wells says: "It isn't as though the world was an untidy nursery: it is a place of splendours indescribable for all who will lift its veil." *Westminster Gazette.*

—— Sporting Notes. ——

Swimming.

At Manchester, on September 30, at a meeting of the Executive Committee of the Northern Counties A.S.A., the chief item on the agenda was the swimming of the English amateur champion in the Paris end-to-end race on September 10. It had been publicly stated that the affair was "a mixed race for amateurs and professionals," and out of the 800 entries stated to have been received D. Billington undoubtedly entered the water, as did Nuttall, Holbein, Burgess, Miss Kellerman, and three French swimmers.

The outcome was an investigation initiated by the N.C.A.S.A., who requested the handing over of all the correspondence so far as it concerned the Bacup amateur, and, judged by the French newspaper reports, his apparent breach of Law 49. In brief this reads: "An amateur is one who has not knowingly or without protest taken part in any competition or exhibition with anyone who is not an amateur."

Billington's reply to this was: "The letters I have and the promises made are that the race should be distinctly amateur. There were two distinct prizes for the amateurs and professionals."

Billington attended the meeting, as did Mr. C. Newman, who undertook the arrangements of the swimmer's journey to France. Both gave detailed particulars which went to show that Billington was under the impression that the amateur champion was to take part only in an amateur contest, and not with or against professionals.

After several hours' discussion it was agreed that there was only one race decided, and not separate events for amateurs and professionals, a suggestion put forward on the part of the defence. A resolution was proposed to exonerate Billington on the grounds that he had unknowingly competed with professionals, but this was defeated, an amendment that the matter be adjourned pending further important evidence being produced being carried by 11 votes to 8. The position now is that the English amateur champion must not compete for a prize or against any amateur under any conditions until the rehearing a fortnight hence.

* * *

There was a large attendance at the Holborn Baths on Oct. 4, when Walter Brack made an attempt to beat the 150 yards back-swimming record of 2 mins. 1 2-5 secs. made by W. Call in the Osborne-street Baths, Manchester, on September 21, 1904, in the amateur championship race. On Thursday last, Brack swam second to W. Call in the championship race at Hornsey Baths, the first-named winning in 2 mins. 1 3-5 secs., just outside his own record. Brack's time was 2 mins. 5 2-5 secs. Not satisfied with this performance, Brack sought the permission of the S.C.A.S.A. to allow him to make an effort to beat the record. The governing body consented, and the swim duly came off, Brack, after a very game effort, being beaten by 2 2-5 secs. The Charlottenburger Schwimm-Verien swimmer had to go five lengths of the baths to complete the distance. Getting away smartly, he swam a very nice clean stroke, but his turning might well have been improved upon. He covered the first length (30 yards) in 21 secs., the second in 25 secs., the third in 24 4-5 secs., the fourth in 26 4-5 secs., and the full distance, tiring palpably

towards the finish, in 2 mins. 3 4-5 secs. It was a good performance, and with practice at turning Brack should undoubtedly make better time. The officials were: Starter, Mr. W. N. Benjamin; judges, Messrs. W. N. Benjamin and W. Henry; timekeepers, Messrs. R. F. B. Cross and W. Henry. Brack has returned to Germany.

Swimming and Water Polo.

Hyde Seal, the water polo champions and holders of the club championship of England, opposed Weston-super-Mare on October 2, at Newcastle, in the final of the club polo championship. At the same gala the 200 yards breast-stroke championship of England, of which the holder is W. W. Robinson, of Liverpool, was decided. Robinson won easily by twenty yards, Ineson, of Heckmondwike, being second. Time, 2 mins. 49 1-5 secs. In the polo championship the play was keen from the start. Both ends were attacked in turn, and the shooting of George Wilkinson and Redmilovic was particularly a feature of the play. Geo. Wilkinson scored for Hyde Seal after five minutes, and added another from a penalty shortly after. At the interval the holders led by two to love. On the restart Hyde Seal did all the pressing, but it was some time before Wilkinson again scored, while Forsyth then put another to the total. Radmilovic made several fine attempts, and deserved more than once to score. Result: Hyde Seal, four goals; Weston-super-Mare, love.

* * *

England and Wales met at Bradford on September 30. The visitors exhibited superiority from the start, but England defended well, and were only beaten once, by Oliver from a penalty, before half-time. Subsequently England combined much better, and, after another goal by Wales, Paine, Nevison, and Ingersoll scored for the home side. Later on Radmilovic registered another point for Wales, and the result was a draw of three goals each.

Rowing.

William Allen and Ernest Lock, both of Gravesend, decided a match in old-fashioned wager boats for £50 a-side, over a course of about 5¾ miles from Cliff Creek to Northfleet Creek, on Oct. 4. It proved of an exciting character, as, after a heavy rain blizzard shortly before the start, the wind blew so strongly from the N.N.W. that it seemed almost impossible for any racing boat to live through the "sea." Still, a start was made close to the north bank of the river, Allen having the inside station. Lock went away at once, and was soon about three clear lengths in front. Both scullers steered closer to the northern side, and Lock took Allen's water. The latter spurted in consequence, and a foul occurred. Lock refused to give way, but after three more fouls he capsized, and had to be picked up by a launch. Allen went on, and, although encountering some very bad water, managed to sit his boat to the end of the course and win the match. The winner is 24 years of age, and weighs 10 st. 10 lb. Lock is 26 years and scales 11 st. 2 lb.

Miscellaneous.

At a meeting of the committee of the Yorkshire County Cricket Club, held at Leeds under the chairmanship of Lord Hawke, on October 2, some interesting figures representing last season's finances were submitted. It was reported that the season had been most successful in a financial as well as a playing sense. The gross gates had amounted to £10,081. The balance on the total turnover was about £1,000, irrespective of the amount which may be allocated to the Yorkshire club as a result of the Test matches.

The committee granted permission to Schofield Haigh and David Denton to accompany the M.C.C. team to South Africa during the coming winter. They will sail on November 11, and are not expected back until the first week of May next.

The committee decided to make a suitable recognition to the members of the Yorkshire eleven of their success in winning the County Championship.

Notes of the Week.

* * *

A letter has been received from Mr. Macdonald Smith, under date 11th September, and an apology is certainly due to him that his letter did not receive earlier notice. Referring to his article on the principle of full contraction, he takes exception to an editorial which appeared in these columns of August 21st, under the heading, "The Essence of Exercise." He complains that Mr. Sandow, in the article, takes credit for the discovery of the principle of full contraction in exercise and, further, that he claims it as the fundamental principle of his (the Sandow) system. Mr. Smith is in error, as our readers can plainly see on perusal of Mr. Sandow's article. No claim whatever is made by Mr. Sandow to be the discoverer of the principle, but Mr. Sandow does certainly claim that it is one of the fundamental principles of his system.

* * *

DUNFERMLINE COLLEGE OF PHYSICAL CULTURE.

The work of the College of Hygiene and Physical Training instituted by the Carnegie Dunfermline Trust commenced in the Carnegie Gymnasium on Sept. 26. Inquiries showed that work had opened under satisfactory conditions. The full complement of twelve students from a distance would lodge in the residence, while there were also three scholars from the town and two male apprentices. The formal ceremony took place on the 4th of this month, when the Marquis of Linlithgow, Secretary for Scotland, delivered the inaugural speech.

LEEDS INSTITUTE AND PHYSICAL CULTURE.

The classes in Physical Culture for Health at the Leeds Institute, which were so successful last year, have been resumed for Session 1905-6.

A feature of these classes is the number of middle-aged persons who take advantage of the facilities offered. In addition to the exercises, chats on health topics are given by the head teacher, Mr. H. Gregorius Brown, and home practices are prescribed in response to the numerous inquiries which have been made for them. The object of the classes is to provide general health exercises of a light graduated nature, well within the capacity of adults of any age, and every exercise has a definite health purpose. Separate classes are held for ladies, gentlemen and children.

Over 60 students passed through the classes last session, the majority continuing the whole winter.

* * *

AMATEUR GYMNASTIC ASSOCIATION.

A general committee meeting was held at Birmingham on Saturday, Sept. 30, Mr. J. Adams presiding. For the first time in the history of the Association, delegates attended from Lancashire and Yorkshire. The hon. sec., Mr. E. Lawrence Levy, submitted correspondence from the Liverpool and District Gymnasia League, and, after discussion, an application for reinstatement of a dozen affiliated clubs was acceded to. Mr. Levy also reported the results of the International

gymnastic events for 1905, and a discussion followed on the items for the Adams Shield and Teams International Championships for 1906. It was agreed that the following should constitute the items for both events: Horizontal bar, voluntary swimming exercise, rings (steady), rope-climbing, and high jump. It was further decided that the teams shall consist of six competitors, and of whom, so far as the last three items are concerned, three must jump and three must rope climb.

A lively discussion ensued as to the method of the allocation of marks, the result to be submitted to a meeting of the International Board to be held at Liverpool later. Correspondence was submitted with reference to the A.G.A. Individual Championship for 1905, and it was agreed to leave the arrangements in the hands of Mr. J. H. Tindal, hon. sec. of the Liverpool and District Gymnasia League, with a view of the event being fixed for the Mersey seaport.

Kenjutsu, the Art of the Future.

The latest form of manly exercise which will probably become the vogue this winter is kenjutsu, the two-handed sword-play of the Japanese.

There are already a few experts in London, and a school will shortly be established in connection with the Miyake Tani Jiu-jitsu Institute, in Oxford Street, where the wonderful swordsmanship of the samurai will be taught by Mr. F. J. Norman.

Mr. Norman was the first Occidental to make a study of this art. He is himself an old cavalryman, and as a swordsman has gained many distinctions in Italy and France, but after about fifteen years' experience of the fencing schools of Tokyo, he regards the Japanese double-handed weapon as superior in killing power to any European sword, and considers the system of sword-play quite as scientific as the French and Italian styles.

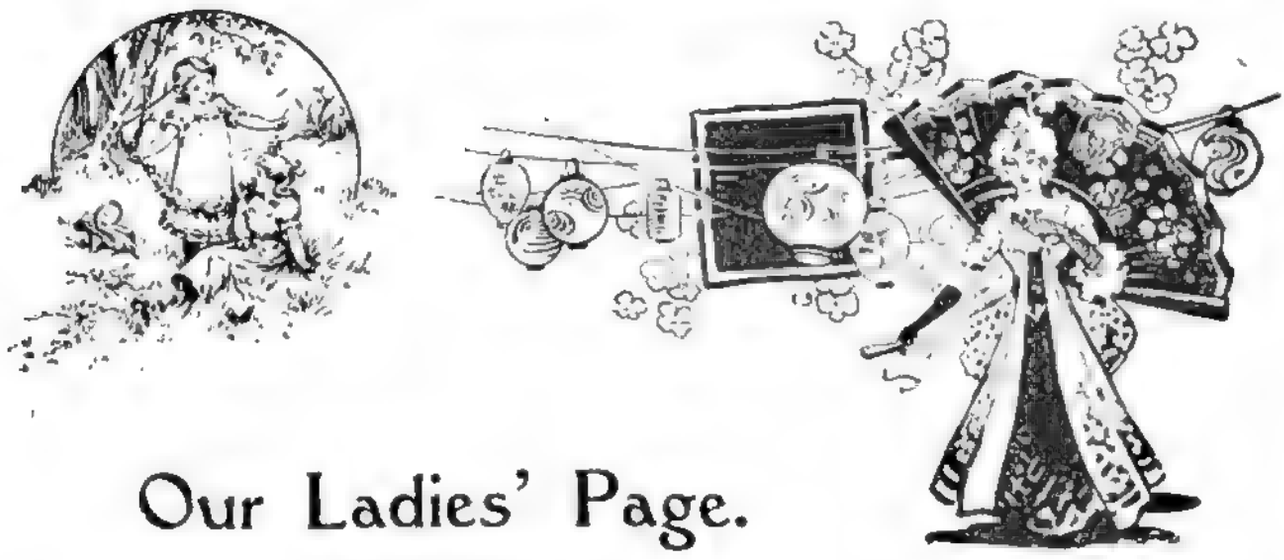
At a display of Japanese sports to be held on the 16th inst. at the Marlborough Hall, Regent Street, Mr. Norman will give the first public exhibition in this country of kenjutsu. He will probably fence with Tarro Miyake and Yukio Tani, the celebrated exponents of jiu-jitsu.

The Japanese fencers wear a kabuto, or helmet, with a strong wire face-guard, a do, or corselet, made of strips of bamboo, and a hakama, the divided skirt of samurai, which affords protection to the lower parts of the body. A strong kote, or gauntlet, is also worn.

The practice sword, called the shinai, is made of strips of bamboo, and although it looks a trifle clumsy the expert handles it with the facility of a rapier. It is shorter than the sword of an English officer. The blade is usually from twenty-six to twenty-eight inches in length, and the hilt about eleven or twelve inches.

Before a bout the fencers squat on their heels and perform an elaborate salute, and engage with shinai crossed, the handles being grasped with both hands.

Although in most departments of warfare the Japanese have adopted Western ideas, they still consider the two-handed sword of their forefathers superior to anything that is used in other countries.



Our Ladies' Page.

Mr. and Mrs. Andrew Carnegie have again shown their generosity to St. Andrew's University, of which Mr. Carnegie is Lord Rector. On this occasion their desire appears to be the outcome of arrangements made in Dunfermline by the Carnegie Trust for tuition in hygiene and physical culture by capable ladies.

* * *

After being installed in 1902, Mr. Carnegie provided St. Andrew's students with a recreation park, pavilion, and gymnasium, at a total cost of £14,000, and Mrs. Carnegie presented to the Women Students' Union a sum of £1,500 for a reading and recreation hall. The work of construction having been completed, Mr. Carnegie has now written to Principal Donaldson, intimating that he and Mrs. Carnegie, with the view of enhancing the usefulness of the institution, have resolved to transfer to the University Court bonds for £10,000, yielding interest at 5 per cent., and thus providing an endowment for their upkeep of £500 annually.

* * *

The Court is to have power to allocate the income among the institutions, but a desire is expressed that the instruction in gymnasium is to be specially considered, with an evident reference to the interests of women students and to their being placed under a thoroughly trained teacher.

From our contemporary, *Health*, we extract the following:—

"The high development of the American woman is mainly due to her ability to adapt herself to her environment. She is able to turn even the little miseries of life to her advantage. A fine example of how this evolutionary process works was given by our astute friend, Miss Elizabeth White, Professor of Physical Beauty, before the Dressmakers' Protective Association. She insisted, as usual, that all women may have a figure if they want to. 'Every morning,' she said, 'when you get up you must exercise for twelve minutes, and again before you go to bed. You will have plenty of time to exercise your neck, for we shall never get seats in the cars any more, and there is no better way to go on with your double chin exercises than with a car strap. You cling on, and raising your chin turn your head to one side and then to the other. People will think you are reading the advertisements. Never mind the men, let them sit down and get fat.' The hog sits and puts on flesh, as a hog should. But our sisters, our cousins, and our aunts will have the consolation of knowing that among the mere men who hide their faces behind their newspapers are some who are not thinking of their own comfort, but of the higher development of that noblest work of Providence, woman. Truly, nature 'moves in a mysterious way its wonders to perform.'"

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application:—

Applications for Patents September 18th-23rd, 1905:—

18810. F. Jäeger, London. Drop down fire-arms. Antedated. (Complete Specification.)
18903. G. E. O'Brien, London. Device for holding golf balls during the process of painting.
18906. R. Marot, London. Bait for fishing.
18919. W. E. Martin, London. Sockets for croquet hops. (Complete Specification.)
18975. D. McLaren, and G. H. Douglas, Junr., Edinburgh. Adjustable golf club.
19056. A. Dickson, Glasgow. Footballs.
19071. C. Skeavington, Nottingham. Scoring boards for games.
19094. W. P. Taylor, London. A golf club attachment.

Specifications published September 28th, 1905:—

11400B of 1905. J. Robertson, trading as Boss and Co., London. Safety locking device for preventing the accidental discharge of double-barrelled guns and rifles generally.

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AFTER.

Write to W. H. BROWN, Esq., 14 Chesham Road, Brighton, Sussex.

And Editorial Chat.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

J. Colkin (Burbage).—Your letter has interested me considerably, but am afraid I cannot help you. Your aims are admirable, and are deserving of all success. Shall be only too glad to receive a report of your progress.

W. Markham (Aldershot).—Thanks for letter and photographs. The latter are rather indistinct, but, so far as I can see, you have done wonderfully well; but you must not stop there. Stick to it, and encourage your friends to do likewise.

Medicus (Middleham).—My time has been much occupied of late, but have a distinct recollection of answering your previous communication. Will endeavour to satisfy you at an early date. The second part of your letter will be answered by post from the "Expert" department.

T. Grabil.—The result of the competition has been announced. See conditions.

A. V. Bright (Nottingham).—Will give your application early consideration.

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Sir J. Crichton-Browne's Warning.

Sir James Crichton-Browne, in the course of a lecture on the physical state of the nation, at the medical school in connection with Charing Cross Hospital, said that we have on our hands hordes of undergrown, underfed, blemished, diseased, debilitated men, women, and children, who are industrially and socially inefficient; and many of our public institutions are as incompetent as the valves of a damaged heart. Our educational machinery is so inefficient, or we should not have so much ignorance, stupidity, and hooliganism amongst us. Our economic system is inefficient, or we should not have these crowds of unemployed and of starving school children, and this desertion of the land by the people. Our municipal administration is inefficient, or we should not have the shocking housing conditions that disgrace our towns. Our Army is inefficient, or we should not have the Commander-in-Chief telling us so. Inefficiency is widespread and disastrous in its effects.

The speaker proceeded to warn the young medical students against inefficiency. "They must improve their personal efficiency," he said, "and see to it that they were physically efficient, intellectually efficient, and morally efficient."

Sir James then formulated a series of principles by which they should be guided, as follows:—

Winter is the most appropriate season of the year for intellectual work, and summer for muscular exertion.

Sports should form a recognised part of a medical curriculum, and should be more particularly encouraged in those spring and summer months when they can be carried on in the open air, and when the constitutional demand for muscular exercise is most urgent.

Sufficient time should be taken for meals; thorough mastication is important for meals.

Next in importance to food is a sufficiency of sleep. Want of sleep is one of the causes of the degeneracy that is discoverable in large towns. The medical student should have regularly nine hours' sleep in twenty-four. The allowance for the adult man is eight hours, but during the growth period more than this is required, and an amount that might be sufficient in maturity would, during adolescence, be wholly inadequate.

The medical student had best avoid alcohol altogether.

Health Convention.

An influential gathering of ladies and gentlemen assembled at Hastings recently from various parts of East Sussex. The event to which they were called was the first annual meeting of the Health Association formed for this hall of the county. This is an organisation arising out of the Physical Deterioration Committee's Report, and the objects are to encourage the spread of sanitary knowledge and to arouse interest in the necessity of maintaining a high standard of health in the home and especially among young children. Bearing upon these excellent objects are a great many public considerations, many of which Dr. Newsholme brought to light in a forceful and vivid fashion. He places selfishness—the over-indulgence in drink—upon a level with ignorance as a cause of so much unhealthiness and suffering among children, and favours rather drastic steps to secure a state of things upon which the Association could look with satisfaction. During the year lectures are to be given at Lewes and Barcombe, a method of securing the objects in view which it is hoped will be developed.

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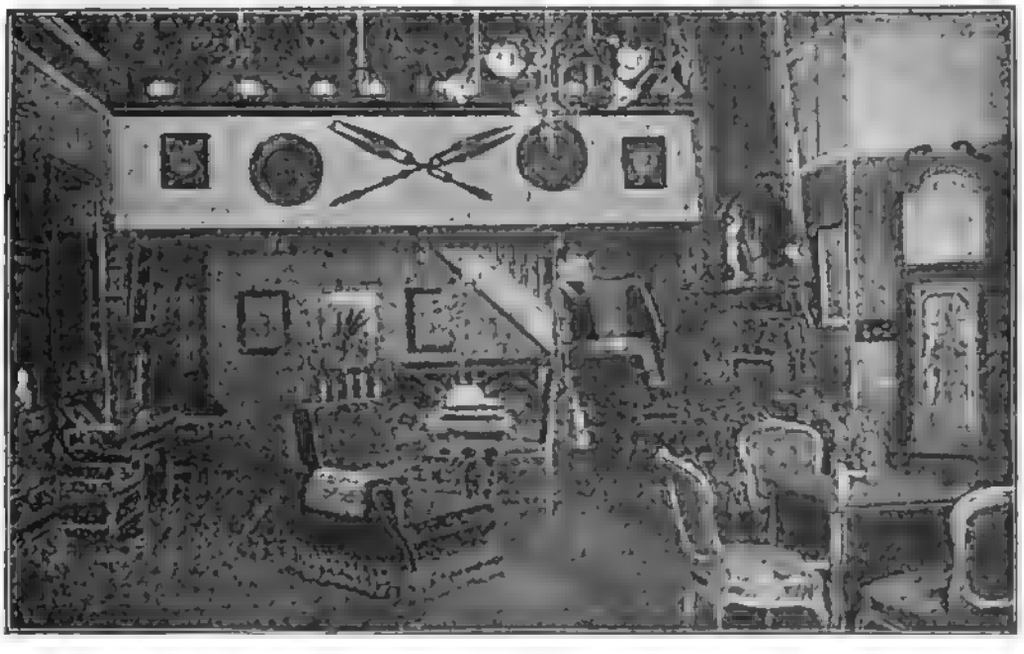

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(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon providing it was sent during the month for which it is available.

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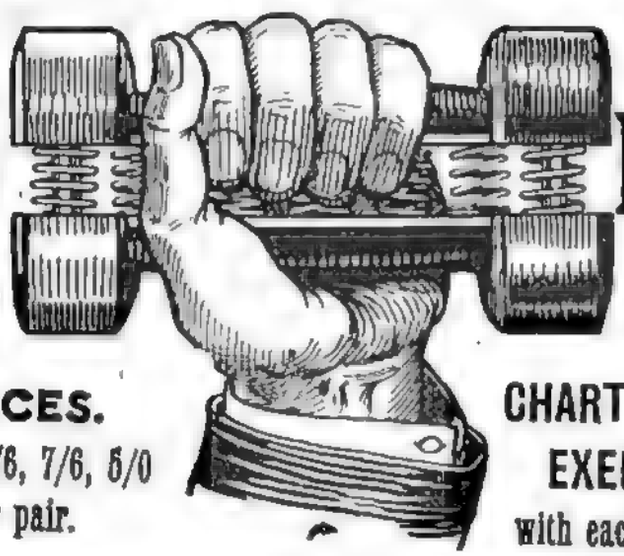

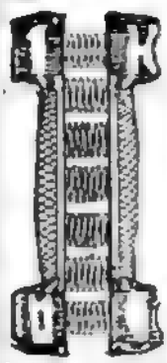

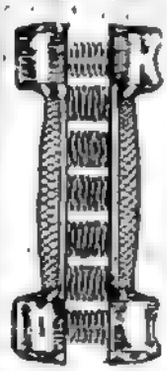

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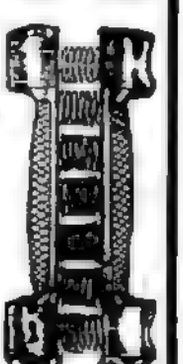

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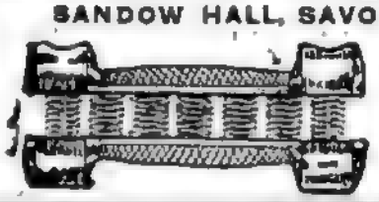

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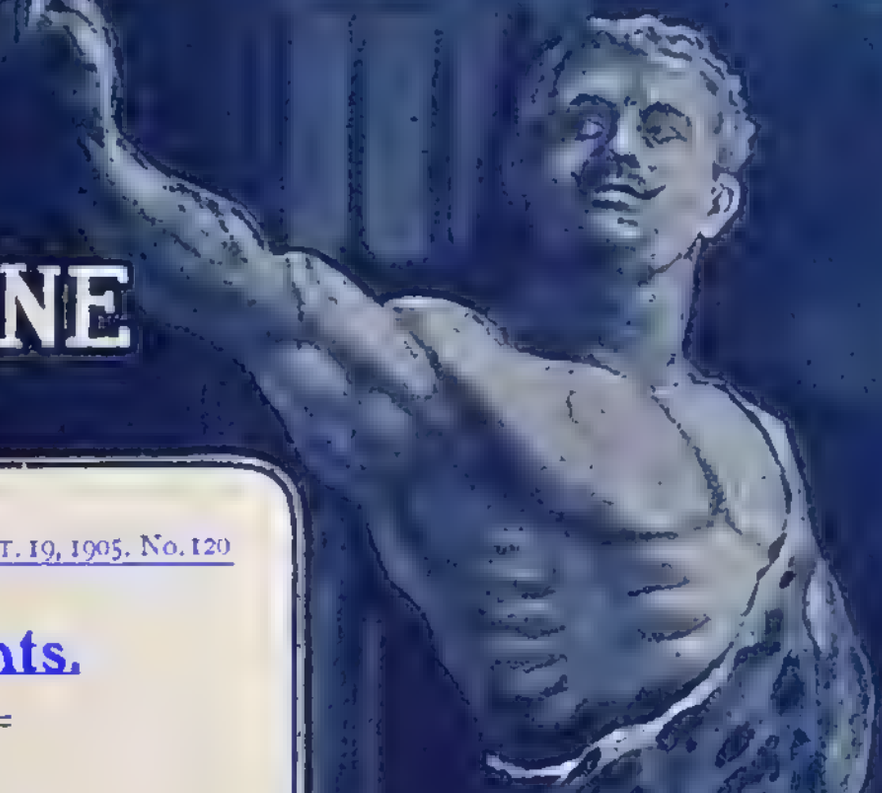

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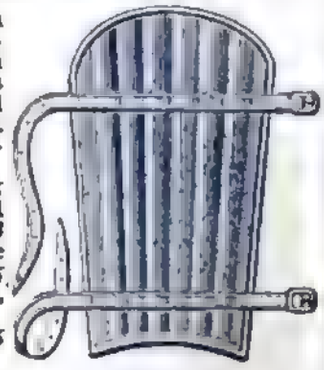

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EDITOR'S AND PUBLISHER'S NOTES.

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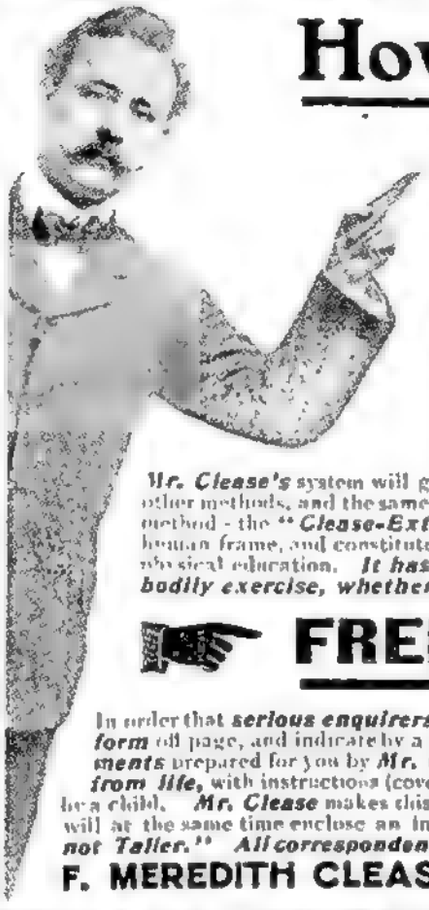

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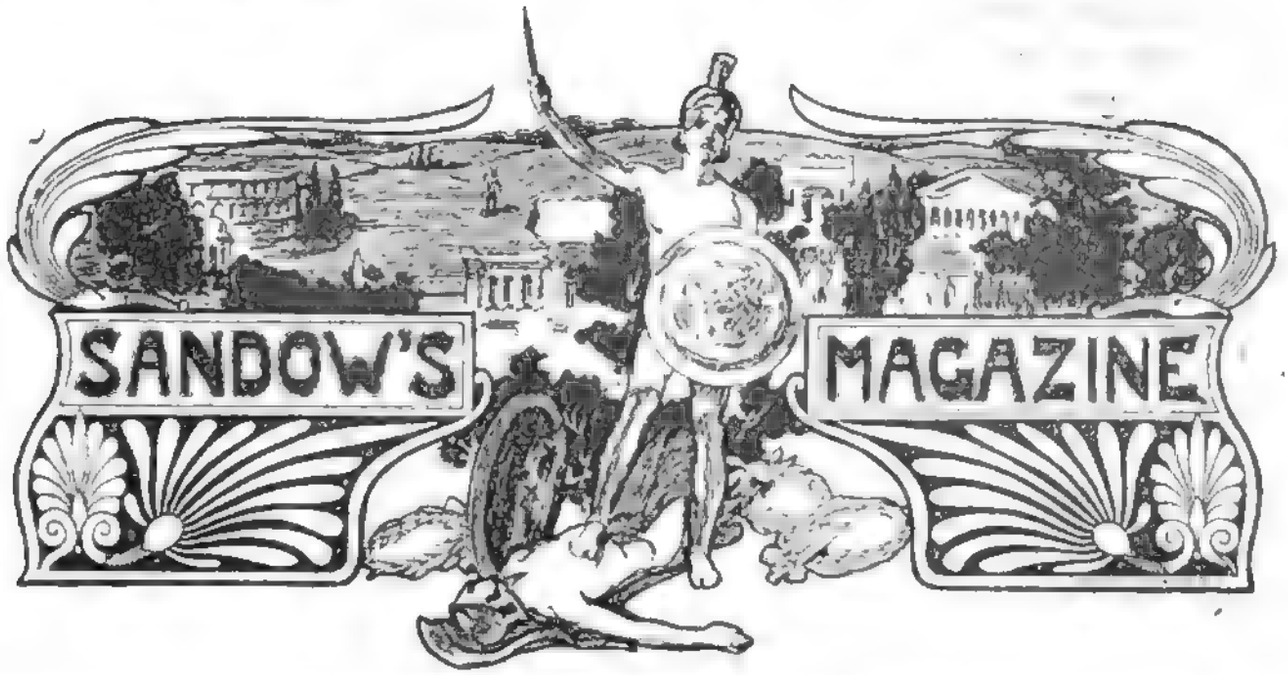


Vol. XV. (New Series). OCTOBER 19TH, 1905. No. 120.

PHYSICAL CULTURE.

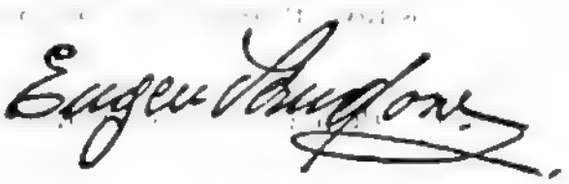
By EUGEN SANDOW.

TO say that the warmth and magnitude of my recent welcome exceeded all possible estimates on my part, is to give but a very slight indication of what I should like to convey. So great has it been that I have found it necessary, in order to cope with the thousands and thousands of congratulatory messages, to announce my thanks through the public press, and ask my many, many friends, whose kindly messages of welcome have come to hand, to accept that as an acknowledgment of my thanks. At the same time I have found it necessary to draw attention to my intentions in the future, and also to remove an impression which may have been occasioned by the rather undue prominence which the daily papers have given to one of the many exceptional cases which I successfully treated during my recent Indian tour. You no doubt will remember the one to which I refer, wherein the gentleman, whose condition was considered to be quite incurable, was completely restored to health and whose gratitude took the shape of a magnificent fee, and a big inducement to remain with him for another two years. Great as the inducement was, however, I felt that such an extended stay would seriously interfere with my home work, and would mean that the whole of my plans, so far as Great Britain was concerned, would become disrupted. Therefore, notwithstanding the strong appeals from the many wealthy and influential natives of that great Empire, as well as resident

Europeans, I determined to come home and set about my task of converting, if possible, the whole of the British race to the cause of Physical Culture. Before leaving India, however, the promise was extracted from me to publish an educational book on my system in the Indian language.

This, I feel sure, will prove a boon to many amongst the millions of natives, who are not conversant with the English language, but who, during my tour of that great Continent, showed that they were only too anxious to benefit their bodies, and approached, as near as possible, the ideal of Physical development, which their fortunate brothers in other parts of the world have already had an opportunity of obtaining. No one knows better than myself what a huge interest is being taken in Physical Culture in India; this was amply proved by the thousands who attended my lectures and demonstrations, and it was very evident to me that some means of conveying to the native population the proper methods necessary to obtain a good result was wanted. There are, amongst the native population, many who have been able to secure an insight into the English language, and from the amount of correspondence I receive, there are ample indications that I have innumerable readers of my Magazine throughout the Continent, but there yet remain many thousands who are only too anxious to secure the same advantages as their more fortunate kinsmen, and obtain the necessary information whereby they may take advantage of my teaching. It is for these, therefore, that I feel most keenly, and with the object of supplying a much-felt want that I have decided upon this step.

In order to accomplish the Herculean task which I have set myself, it was absolutely necessary that I should be in personal contact with those who will have to assist in the great work, not only in connection with the Institute which I am evolving, and which shall be worthy of so great a purpose, but also to be near those who seek my counsel for the amelioration and cure of existing weakness and suffering. Few can conceive the amount of labour attendant upon the treatment of the numberless cases of physical debility upon which I am asked to give the benefit of my experience. From quite a small beginning my postal instructional course, which is known throughout the world, has grown to such huge proportions as to require a whole army of clerical assistants to cope with the work, many of whom travelled with me during my tour of the Orient; but it is not only in this direction that I felt my presence at home was not only desirable but necessary. There were my Schools demanding my attention, and now that I have returned, it will be possible for me to come into close contact with all those taking an interest in the welfare of their bodies. My Schools will, of course, take the foremost place in my scheme of centralisation, but of this more anon, and I trust that the time is not far distant when I may be able to give to the world at large the detailed particulars of the huge scheme, an outline of which I have already hinted.



Hints on Club Swinging.

By TOM BURROWS

(Champion of the World).

Edited by F. NEVILLE PIGGOTT.

Cinematograph photographs specially for this series by R. W. Paul, 08 High Holborn, W.C.

X.

I GIVE you in Plate XLVII a description of a 3 club follow. This, although it looks somewhat difficult, is scarcely so, and can be easily accomplished when you are well up in 2 club movements.

The next, however, which describes a side cross follow, will take more practice to accomplish. When it is used properly it is a neat extended combination, which, when completed, will change conveniently to the previous movement.

Another effective movement with 3 clubs is that shown in Plate XLIX, which is a bunch arm roll, and when you are able to make the rolls so that the clubs work over your arms without any "jerky" movement, the effect is considerable, and will add considerably to the success of your other combinations. The mode of progression is clearly shown in the photographs—the outer or horizontal club in the right hand being kept in that position throughout the movement.

The next—Plate L—is a lower back and front combination with 4 clubs. These movements are very difficult to accomplish, and under no circumstances should they be attempted until you are really and thoroughly conversant with similar movements, using the usual 2 clubs.

The same remark applies to the next series given in Plate LI, which is known as the "inward bunch" combination. It is only necessary to carry out these movements with 2 clubs to find out the necessary positions and the proper direction in which the clubs should go, so that it would be a waste of space for me to enter more fully into a description of the photographs.

Plate LII describes a double front glide with 4 clubs. You must turn back to plate XXIX, and from that you will be able to see in Figure 4 how to make a cross with the clubs and return to the original position.

The double front cross movement is continued in the next plate (LIII). From this you will be able to see from the eight illustrations how the complete glide is

made, for the photographs explain most lucidly every position of the clubs throughout the movement.

Yet another movement with 4 clubs I give you in Plate LIV. This is called a side head roll, and will be found to be a

PLATE No. XLII.

Photo. R. W. Paul.

SIDE ROLL WITH THREE CLUBS.

PLATE No. XLII.

Photo. R. W. Paul.

PARALLEL COMBINATION WITH FOUR CLUBS.

fine change when in the position shown on Fig. 4 of Plate XLIV, describing an "outward bunch" combination. All that is necessary is to bring the clubs in the right hand over the right shoulder, and then roll, as illustrated in the Plate under notice.

(To be continued.)

PLATE No. XLIII.

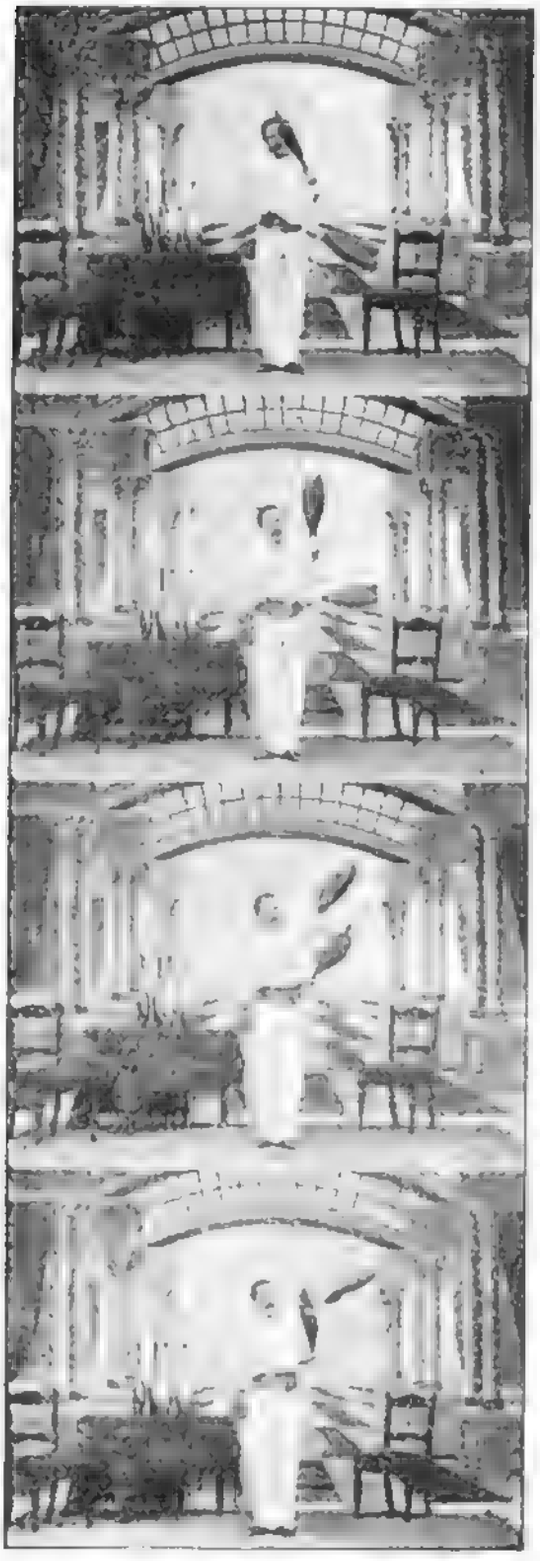


Photo. R. W. Paul.

BUNCH PARALLEL COMBINATION WITH FOUR CLUBS.

PLATE No. XLIV.

Photo. R. W. Paul.

BUNCH ROLL COMBINATION WITH FOUR CLUBS.

PLATE No. XLV.

Photo. R. W. Paul.

Bunch Roll Combination with Four Clubs (*continued*).

PLATE No. XLVI.

Photo. R. W. Paul

Bunch Outward with Four Clubs.

PLATE No. XLVII.

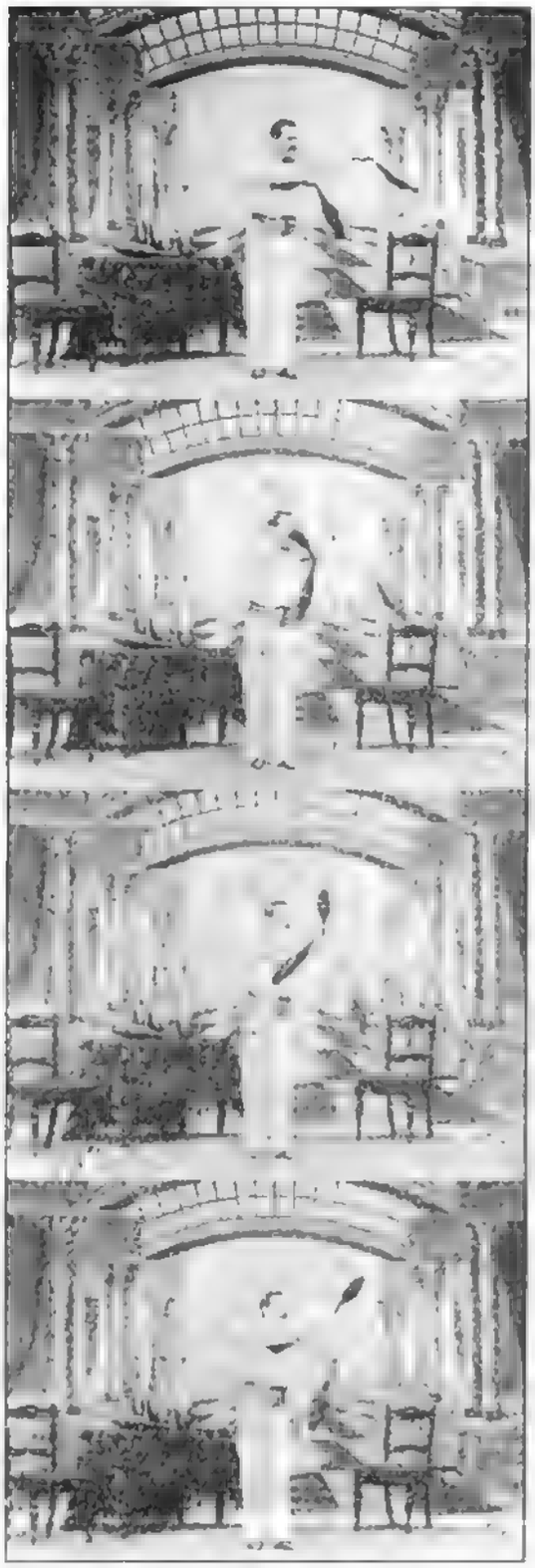


Photo. R. W. Paul.

THREE CLUB FOLLOW.

PLATE No. XLVIII.

Photo. R. W. Paul.

SIDE CROSS FOLLOW WITH THREE CLUBS.

PLATE No. XLIX.

Photo. R. W. Paul

Bunch Arm "Roll" with Three Clubs.

PLATE No. L.

Photo. R. W. Paul.

Lower Back and Front Combination with Four Clubs.

PLATE No. LI.

Photo. R. W. Paul.

INWARD "BUNCH" COMBINATION WITH FOUR CLUBS.

PLATE No. LII.

Photo. R. W. Paul.

DOUBLE FRONT GLIDE WITH FOUR CLUBS.

PLATE No. LIII.

Photo, R. W. Paul.

Double Front Cross Glide
(continued).

PLATE No. LIV.

Photo, R. W. Paul.

Side Head Roll with Four Clubs.

It is Mr. Burrows' intention, providing sufficient promises are forthcoming from subscribers, to publish the series of articles in book form at the popular price of 6d., and he would be pleased to receive the names and addresses of would-be subscribers as early as possible. They may be sent to the offices of the Magazine, 131, Temple Chambers, E.C.

The Wasted Evening.

What a vast deal of aimlessness there is in the life around us! Drudgery, ceaseless application, either to work or study, can be no sensible person's ideal. Work has to be done, and in these days of increasing pressure and responsibility that work is invariably arduous, exacting, and sometimes prolonged; but work over, one is entitled to rest and recreation, and time spent in rational enjoyments, in healthy, invigorating games, in social and family intercourse, is never time wasted. Those of all ages who so work and play are not the persons we have in mind. We are thinking of those purposeless young people who promenade up and down the streets evening after evening without any apparent object. A correspondent penned a very pertinent letter, entitled, "Wasted Evening." Referring not to the working classes, but to the children of middle-class parents, he said, "The principal thoroughfares of the suburbs are crowded night after night with boys and girls ranging in age from fourteen to twenty, whose conversation turns upon clothing, cigarettes, the latest music-hall beauty, and other subjects of a like nature." It is, we are sorry to say, a faithful picture. It betokens a sense of irresponsibility; an idle, frivolous disposition; a lamentable failure to form useful habits; and, above all, this waste of precious time is the greatest prodigality in the world. No one has told them, perhaps, that each day is a little life," and that they are squandering every evening a considerable part of it. They cannot be expected to realise the significance of this waste or to understand that only a counted number of pulses is given to us of what Pater called "a variegated aromatic life." But they should have sense to know—and their parents should impress it upon them if they have not—that the time wasted by them is invaluable in respect of its present use and irreparable when past, for neither nature nor art has the power to recover it. They should also take to heart the Turkish proverb which says the Devil tempts the busy man, but the idle man tempts the Devil. But, as these young persons have not, obviously, the faculty to think for themselves and plan out a better way of spending their evenings, and as continuance of their present irregular and worthless habits is a source of danger, individually and nationally, it really becomes a social work of no small importance to induce and help them to do better. There are libraries and reading rooms enough, but somehow they have no attraction for these thoughtless young folk. Asks our correspondent: "Can the members of local institutes, committees of gymnastic clubs, secretaries of literary and other societies do anything to make their attractions more widely known, and pave the way for these poor brainless ones to obtain a little self-improvement?" We certainly believe that a great deal more may be done by the societies mentioned, and by social clubs and similar institutions. What is wanted really is an organised body of voluntary teachers, lecturers, and entertainers; and use might be made of the various Council schools for that purpose. The subject is assuredly one that deserves careful consideration.—*Birmingham Post.*

Mr. Sandow has returned from abroad with an international troupe, consisting of two Americans, a New Zealander, two South Africans, a Swiss, an Irishman, an Italian, two Sikhs, a Japanese, and a Chinaman, and the Czar is summoning a new Hague Tribunal.—*Punch.*

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The Tightest Place I was ever in.

VII.—A Grizzly Fightin' Mad.

By "SIOUX."

• • •

IT was away up north that it happened, and it happened something like this.

We had been climbing for four days from the lake to the barren lands at the Top, where the whole world seems flat but for the little swales in it, where the willows grow and the moose feed. From below you would think that above the timber were the peaks, but there are no peaks. It is all just a big flat up there, running heaven only knows how far towards the Arctic, and here in October the bands of caribou gather, and as I said, the moose wander back and forth between the willow swales.

It is a good country for meat, and it was our job to kill meat for a big mining outfit down below. They got away with a beast and a half a week, and paid us twelve cents a pound, and paid promptly in dust, on which there is always a little profit for the man who knows his way about.

But we had had poor luck. It is hard work at any time blundering through thickets of dwarf birch, and floundering through swamps of muskeg. The climbing straight up through the pines does not count for so much, but the bog holes kill the horses, and our one horse was pretty nearly petered out when we started. He had been packing all summer.

A CAMP IN THE SNOW.

When we reached the Top, it began to snow, so that we had to camp in the little bull pines on the very edge of the barrens, and that night eighteen inches of snow fell on the flat.

Our canvas fly fell on us and nearly smothered us as we slept, and, when we could see again, the whole world was white, and the pine woods looked like Christmas cards. That's where snow looks best. It's no account in the woods in October.

We had to get out of the country, and we both reckoned that we should be almighty lucky if we got out with that horse and our blankets.

I was inclined to grumble. I had come to hunt, but Rube, who was with me, just put the matter in a nutshell.

"We'll move camp down to those dead pines, Cap. There's a little feed in the swamp for the horse. If you feel like hunting after we've made camp, we'll just stay and hunt. It's only four miles to the place I mean."

At the end of those four miles I did not feel like anything but lying still whilst he cooked. It looked a hopeless distance from where we were to the lake.

Between camps that morning it had been one long struggle from drift to drift. On the level the snow was eighteen inches deep, and whenever we wandered off the level we were as likely as not to go out of sight. From daylight till about three o'clock we floundered on, constantly unpacking our wretched animal, to get him

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on to his legs again, until at last, even with his packs off, he would not get up any more.

Then we picked up our loads and carried them into the nearest sheltered hollow we could find, trod down the snow, and covered it up with brush from the pines, cut a big stick or two, made a roaring fire, put up the fly, and hung a moose head over the fire to roast. It was lucky that we had one.

BEAR TRACKS.

We were right as rain, so we went back to see if the horse had had enough rest in the snow.

We found him *stiff*.

Poor beast, he looked a pretty lonely sight, with his neck stretched out and his tired legs rigid in that waste, over which had come the curious blue light of an arctic evening.

Rube picked up the aparajos and the blankets. It looked rather like robbing the dead.

"Did you notice them bear tracks," he said, "as we came through the willows?"

"No."

"Must be getting snow blind already, Cap. They was big enough. I wonder how soon he'll find out the old horse?"

In camp as we sat smoking Rube reverted to the subject again.

"I don't suppose that bear will come around until the horse begins to smell a bit savoury, but he might happen along. I guess I'll set that trap anyway. You don't hanker after packing it down hill, do you?"

I didn't, so Rube went off into the night, and was gone half an hour setting his bear trap.

When he came back I asked him if he had ever had a "scrap" with a grizzly.

"Not me," he said. "The kind of grizzly that scraps is raised in whisky bars and dime novels. My bars all run too durned fast for my liking, but I guess this one won't run far if he puts his foot in that trap. There's a stick on the end of it as I can hardly heft. But he's a big 'un by his tracks."

We spent two days in that camp, and we decided to pull out on the morning of the third. Our moose meat was nearly finished.

"Might as well go and see whether that bar has found old Mo. Feel as if I wanted exercisin' to get away with all the grub we've been eatin'."

"Shall I come along?"

"'Tain't worth it, unless you're dead keen to. There's mighty little chance of the bar, and you may as well finish your novel."

A TRIP TO THE WATER HOLE.

It was "Sir Richard Calmady" that I was reading, and the story attracted me more than a barren visit to a dead horse.

So Rube disappeared amongst the pine trees alone.

Twice I left my book to make up the fire; then I cut wood for the night, and put the billy on to boil, and still Rube did not return.

I was growing anxious, and the evening was growing dark, so I took my rifle and the big kettle. I would go and get a fresh supply of water, and from the water hole I could see the place where the horse lay, and find out what had become of my partner.

In the woods it was beastly dark, so that I tripped and drove my rifle into snow, choking the barrel of it. I would fix it when I came back, I thought, and left it against a tree to be called for on my way back.

I had just filled my billy, dipping the water out of a bog-hole with the lid, when my eye fell on a fresh moose track, and behind it a fresher man track.

So that was what had happened to Rube. He had seen the fresh sign and gone in pursuit. I might as well go and pack the bear trap in, I thought, and, kettle in hand, strolled on to do so.

Rube, I could see, had not been to the dead horse. The moose had crossed the trail between it and camp, and Rube had followed the moose.

But I never expected bear.

However, as soon as my eyes fell upon the carcase I knew that it had been visited. It had been dragged a yard from

the frozen bed, and a great lump had been ripped from its side. Moreover the snow all round the carcase looked as if a ploughing match had taken place there. But I saw no signs of the trap.

Lord! How still it was!

That muskeg swamp with its one or two dwarfed pines, and stunted birches, drowning in the snow, looked like the last and loneliest spot on earth, and the black woods at the back of it were threateningly dumb.

AN AMBUSCADE.

Just then something stirred in the thicket of second growth, behind the dead horse. Instinctively I took a step forward to see what it was, and as I did so came right out into the open.

At once the young pines, close set and may be six feet high, bent towards me as corn bends before the wind, a cloud of fine snow rose from them as if a shell had burst, and the black dumbness of the watching wood was shattered by a yell of rage so fiendish, so malevolent, that, old hunter as I was, my blood froze *at a sound I did not recognise.*

The next moment the fiend himself was upon me. A grizzly dead looks a feeble, almost pig-like beast, but a grizzly mad with rage, with every hair on end, charging across a snow field at the edge of night, looks quite another matter.

This beast, as far as I was concerned, looked bigger than a mountain—vague, monstrous, terrific.

I turned and ran, and as I ran I heard the bear's great snorts coming closer and closer as he ploughed his way through the snow, dragging the trap and the young pine to which it was attached as if the pine had been a walking stick.

I never ran harder, and I never went slower, and to this day it seems to me as if I ran that night for an hour—waded, I mean, with heart-bursting efforts—through that accursed snow which seemed to hold me more than it held the bear. If I had only had snow-shoes on!

Just when I knew the drumming blood would burst my brain, I caught a glimpse of our camp fire through the thick bull pines on my left, and with the instinct of a beast that makes for its home to die I turned off the trail and staggered down hill.

AWAITING THE DEATH BLOW.

The boughs lashed me across the eyes, the logs tripped me, the snow stayed me, and then all at once I sank down, down to my armpits in a deep unseen drift.

Like a mad thing I struggled to get out, but it was in vain. One of my feet stuck fast. It had sunk between the forks of some buried brush, and was held as in a vice.

One desperate effort I made. I would have torn my limb off if I could have done so, and then I shut my eyes, the strength went out of me, and I gave in.

I dared not turn round to meet my death, but I knew that it was upon me.

I heard the deep gasps of the beast behind me, the heavy flounder of him as he lurched down through the snow, the rattle and the crash of the little dry pines as his anchor log came battering through them, and as I writhed forwards face downwards in the snow, a leaden weight struck me on the shoulder, a sharp pain thrilled all through me, and something warm trickled slowly down my spine.

Yet another six inches I writhed away, and as I did so I could hear my clothes rending under those bone white claws.

As a wounded bird cowers before the gunner who next minute will take it up and wring its neck, so I cowered in the snow waiting for my death blow, whilst the dumb arctic forest rang with that monster's blasphemies, whilst the trees rattled and crashed, and that huge mailed hand struck and strained after my life.

Twice it just scraped my shoulder, and the second time I turned, and the hot fœtid breath of the beast struck me in the face and sickened me.

THE MASTER-VOICE.

Dark as the gloom was under those sombre pines, the vague mass which lay almost on the top of me was darker yet, a living, raging blackness, which struggled and strained towards me; in the midst were two blazing eyes and a gnashing of long white teeth, whilst ever and

anon the Thing gathered itself together and hurled itself forward so that those curved white claws came always nearer and nearer their mark.

Then I understood, and the revulsion of feeling was so great that I swear I almost laughed.

The anchor log had jammed between two bull pines, and, as long as they stood, the bear was held fast as I was, *unless the log slipped.* At that thought my blood froze again.

If the brute should tire, and let the chain fall slack, the log would loose its grip and—

"Lie still thar', Cap!"

Even the bear seemed to obey that calm, sharp order, turning its head with a wicked snarl towards the silent-footed new-comer.

Then there was a long and awful pause, as if all Nature waited, and I knew that it was snowing again, the great soft flakes drifting down through the black pines, whilst the little ivory bead crept up and up until it rested steadily between the eyes that glared so close to mine.

There was murder in them, but there was death in that little white bead.

For a moment my heart stood still; then the master voice of the rifle spoke, the startled woods quaked, and there fell a great silence.

Though all of us have enjoyed the excellence of the summer weather, and are reminded that Autumn is with us by the falling leaves, so too are we also reminded that Christmas is coming by the parcel which annually falls into our office from Messrs. Raphael Tuck & Sons, the world-wide known publishers of all that tends to be artistic in pictures, picture postcards, Christmas and New Year cards.

As we have always recorded on previous occasions, the aim of this firm has been a high one, and, by the parcel of specimens of their work to hand, there is no doubt that they have attained that which they aimed for, viz., originality, both in style, design, beauty, and finish of execution.

In Christmas and New Year cards they have produced 7,000 entirely new sets, comprising 3,500 separate designs, and in calendars they have produced 3,000 entirely different designs.

With such painters as John H. Bacon, R.A.A., Joseph Israels, Henrietta Ronner, Dendy Sadler, Harold Copping, and many other distinguished and popular artists, selections from Shakespeare, Ruskin, Tennyson, and Dickens, with such muscular Christians as John Bunyan, Dean Farrar, and others, it must be admitted that their former collection is unapproached.

We must not also forget their success in postcards, which are being added to from day to day, and their books and toy-books, in which Father Tuck is always to hand with a fine selection.

So, when purchasing for the coming Christmas, insist on seeing Messrs. Raphael Tuck's cards and books, and you may be sure that your money is well spent.

Nelson Centennial Celebrations

ROYAL ALBERT HALL.

To the Editor Sandow's Magazine.

Sir,—There is only one London, and there is only one Royal Albert Hall. It is fitting, therefore, that in the Nelson Centennial Celebrations, to be held throughout the Empire on October 21st, this famous memorial hall should be the centre of that ever memorable day in the history of Britain. Different towns are writing to know what the British and Foreign Sailors' Society are doing in London. Our programme is not yet complete, and will only be fully disclosed on Trafalgar Day, yet we would indicate now what is proposed. Miss Weston's Naval Boys' Brigade from Portsmouth will arrive on Saturday morning at Waterloo Station, and, weather permitting will march over Westminster Bridge, by the Horse Guards, to Trafalgar Square, where the representatives of the Navy of *to-morrow* will salute the Nelson Monument and pass on to the Royal Albert Hall. They bring their gun, lent by the Admiralty, and a wreath from the Royal Sailors' Rest, to be placed upon the Nelson bust for Admiral Togo, to be sent with it to Japan from the boys of Britain. The Brigade will give, under naval instructors, during the afternoon, a unique nautical display in the arena of the hall. From 2.30 there will be a grand organ recital, and at three the proceedings will open by the vast audience singing the *Old Hundredth*, beginning with "All people that on earth do dwell," when the Rev. Canon Barker, private chaplain to the King, will offer an appropriate prayer. Mrs. Tree will recite Rudyard Kipling's much-treasured recessional. Lord Brassey, supported by admirals, mayors in chains of office, etc., will preside. The presentation of "Victory" shields, busts, and souvenirs, bearing, by permission, the King's initials, with singing by Miss Marie Brema, etc., will be of a most interesting and significant character. On the platform will be the oak timber taken from the "Victory" after her accident, and presented by the Lords of the Admiralty to the British and Foreign Sailors' Society. On it are the words in faded gilt: "Here Nelson died."

By its side will be a flag-pole, and at the psychological moment when, one hundred years ago, Nelson breathed out his heroic soul in the "Victory's" cockpit, an English boy will hoist the Union Jack half-mast high, and after a brief silence Mr. Ben Davis will sing the "Death of Nelson."

The flag which has braved the battle and the breeze will then be mastheaded, and hearts swelling with emotion will doubtless break forth into singing. In any case this sacred moment of the Centennial year will be followed by a special cinematograph exhibition of our Navy, 1805-1905, by that great expert, Mr. Alfred J. West, F.R.G.S. It ought to be widely known that Mr. West received the thanks of the Lords' Commissioners of the Admiralty through the Commander-in-Chief for his valuable assistance in entertaining the French Fleet on their visit to Portsmouth, and Mr. West will show how they were received by the "Victory"; and an afternoon's necessarily unique demonstration will be closed by the Union Jack and Tricolour being hoisted, and the two National Anthems sung. The British and Foreign Sailors' Society desire to say once again, and once for all, that their celebrations throughout the British Empire are conceived in this spirit, and that his Excellency the French Ambassador has been asked to communicate to the President of France the above facts.

The promoters desire to draw special attention to the grand evening Nelson centenary concert, and to state that as so many will be excluded from the afternoon demonstration on account of space, the evening will be of intense interest, culminating and closing in Mr. West giving a specially-prepared programme, suitable for closing such a memorable day. Mr. John Coates, another eminent tenor, will sing "'Twas in Trafalgar Bay." Mrs. Tree will again recite, and the following artistes: Madame Alice Esty (by courtesy of the London Coliseum), Miss Evangeline Florence, Madame Suzanne Adams, Miss Margaret Ashton (the American soprano), and Mr. Ffrangcon-Davies and others will sing. Mr. Francis Macmillen, violinist. The Royal Marine and Grenadier bands will play. All the artistes are giving their services free, and they receive the hearty thanks of all seafarers. One distinguished artiste said he could not take a penny to sing on Trafalgar day for the Nelson Centenary Memorial Fund. And this is the spirit that has moved them all. Artistes standing in the first rank *en tour*, in the provinces on that date, send all good wishes for the success of the Nelson celebrations at the Royal Albert Hall on October 21st, and ask that they, though absent, may wear the little "Victory" shilling charm on that never-to-be-forgotten day.

Choirs in Ireland have asked if they might wear this real "Victory" badge, and it is decided that wherever a concert is given for the benefit of the fund, or a collection taken either on the Sunday or week-day, a "Victory" memento of some kind shall be presented to every artiste and member of choir giving their services for such a national object. In the more distant parts of the Empire these coveted souvenirs will be sent after the 21st, upon receipt of the contribution to the fund.

Teachers bringing their children in the afternoon (who have collected for the fund) to the Royal Albert Hall will be admitted by ticket for the small sum of 1s. The same will apply to a parent bringing two children or more. The public will be admitted to the gallery promenade, with a limited number of seats, for 1s., and for other parts of the hall tickets can be obtained for 2s., 3s., 4s., 5s.; boxes £2 12s. 6d., £2 2s., and £1 1s. A few motors have been offered, and it is especially asked that ladies and gentlemen will lay themselves out to assist in making the Nelson centenary celebrations long to be remembered by the nation of *to-morrow*. All those intending to come should secure their tickets for both afternoon and evening at once. The mere expense of organising on so large a scale, making the souvenirs, attempting to reach the daughter nations, and to worthily carry out the sacred trust of the Admiralty in making the Society the custodians of the precious "Victory" material, is naturally very great, and the humane and charitable objects contemplated by the fund can only be reached by the larger gifts so urgently needed. The directors desire also to thank those in other cities, towns, and villages who will help in the centenary gatherings.

Donations may be sent to the Nelson Centenary Memorial Fund, Bank of England; The Union of London and Smith's Bank, Ltd., Cornhill, E.C.; the Treasurer, Right Hon. Sir Joseph C. Dimsdale, Bart., M.P., P.C.; and all communications may be sent to the Secretary.

We have the honour to be, on behalf of the Society,

Your obedient servants,

Brassey, Past-President.
John Cory, President.
Kinnaird, V.P.
J. Hereford, Bishop, V.P.
J. Williams Benn, M.P., Ex-Chairman L.C.C.
H. M. Hozier, Secretary of Lloyd's.
W. E. Hutchinson, R.N.R. Supt. British India S.S. Co.
D. N. Welch, V.P., Captain R.N.
Thomas Mason, Chairman.
Edward W. Matthews, Sec.,

British and Foreign Sailors' Society,
Passmore Edwards Sailors' Palace,
680 Commercial Road, London, E.

Hygiene and Physical Training.

* * *

Speech by the Scottish Secretary.

ON Wednesday, October 4, the inauguration took place of the College of Hygiene and Physical Training which has been established at Dunfermline by the Carnegie Dunfermline Trust. The inaugural address was delivered by the Marquis of Linlithgow, Secretary for Scotland, in the presence of physical educationists from all parts of the kingdom.

The Chairman said the College of Hygiene was for them and for Scotland an entirely new enterprise. They were conscious of the interest which had been awakened throughout the country in regard to the physical condition of the people, and of the enquiries conducted in London, Glasgow, Dundee, and other cities. They had also the report of the Departmental Committee on physical deterioration and of the Royal Commission on physical training. They had then from their own experience and from the outside much food for reflection, and that reflection led them step by step to resolve upon the creation of the College of Hygiene. They were as yet only receiving young women, but they fully anticipate being able in the near future to receive young men. It was their desire to care for the physical well-being of every child in Dunfermline. They viewed life as a sacred gift, and they esteemed every young life as of value to itself and to its parents, and to the community. Having these sentiments, they threw themselves upon the sympathy of every parent, and especially of every mother. They desired to enter into an alliance with them, and to establish in the minds the certain knowledge that they had no interest to serve but for the welfare of their children. There was a strong feeling throughout the country in favour of physical culture and hygienic conditions. The number of competer teachers was small. What more natura. then, that they, with their gymnasium and baths, with their complete apparatus, with their admirable staff, with their ample endowment, should give all the school children and large numbers of those beyond school age systematic instruction, and take a further step and provide for the training of teachers, who might serve not only Dunfermline but the country at large? They considered the College to be equal in status to any College of the kind established, and esteemed it their duty to raise it to the position they desired it ever to maintain.

The Marquis of Linlithgow, Secretary for Scotland, had a hearty reception on rising to deliver the inaugural address. He stated that he came there as the Minister charged for the time being with

the administration of Scottish affairs, and who was directly responsible to the Crown and to Parliament for proper training and education of the rising generation in Scotland. It was a very honourable position, and it was also a very responsible one, and one which could not sit lightly on the shoulders of any man who had the welfare of his country at heart, and who valued the respect and good opinion of his fellowmen. Such being the case, it was a matter of special congratulation to himself to feel that he was associating himself in a sense with a movement which must prove of incalculable advantage to the country at large. The decision to endow a College of Hygiene and Physical Training might be regarded as something of an afterthought on the part of the Carnegie Trustees. When the building of the gymnasium and baths, the munificent gift of Mr. Carnegie, was already well advanced, it attracted the notice of the highest educational authorities in Scotland, who recognised its fitness to supply what they considered a serious defect in the national provision for education, namely, the instruction of teachers in physical training. If he might be allowed to say so, he thought the Carnegie Trustees deserved the greatest credit for the broad-minded view which they had taken of this subject. After careful consideration they agreed to link the local benefaction, of which they were the administrators, with a national service, a course which would not only ensure greater efficiency in the local schools, but would also prove of the greatest advantage to the country at large. There was no doubt that the country was waking up to the necessity of some sort of physical training for our young people and to the necessity of a better understanding of the laws of hygiene, and we must not forget that at present there was no training college in Scotland for those who desired to qualify themselves in these subjects.

ADVANTAGE OF PHYSICAL TRAINING.

Physical training meant the careful development of the general health to the advantage of the whole body and indirectly to the advantage of the mind (applause), for he defied any man or woman to make the best of the mental gifts which Providence had bestowed upon him or her unless he or she was in possession of reasonably good health and of a good sound constitution. He spoke somewhat feelingly upon this subject, because for many years he had to struggle against ill-health, and he knew to his cost what it meant to be obliged to face the music when he felt ill, and how impossible it was to make the best use of such capacity as one might possess when the body was in a weak condition and the brain ill-nourished.

How came it that they had managed to scratch along for so many years without paying some sort of attention to physical training, and how came it that they had only now, somewhat tardily perhaps, awakened to the fact that this physical training was necessary? He thought it was because the acute necessity for some such training had only risen comparatively recently. He thought it was because the conditions under which they lived had changed very acutely and very rapidly of late years. In old days the struggle for existence was a purely physical one. Now it was becoming increasingly necessary for a man to use his mind more than it was in the old days. It was a fact, and they could not get away from it, that although in many ways the masses of our people were in the main better off than they had ever been before, our mode of life now was less healthy than it used to be. The increase of machinery, the agglomeration of population in our great towns, had revolutionised the lives of our people, and, as these became more artificial, it was necessary that means should be found to counteract the evils which were inseparable from artificial conditions. He was one of those who believed that this difficulty could best be met by a thorough system of physical training for their young people, and by a careful study of the laws of health in their schools.

He thanked the Carnegie Trustees on behalf of his countrymen for their action

in founding a College from which might be supplied a class of teachers hitherto almost entirely wanting, and whose existence was a necessary preliminary to our being able to deal in any comprehensive and thorough-going way with the all-important question of the health and physical fitness of the children in our schools.

A CENTRE FOR SCOTLAND.

Sir John Batty Tuke, M.P., delivered a lengthy address on the work of the Departmental Committee and the Royal Commission. In his opinion Mr. Carnegie did well when he determined to do what lay in his power to improve the conditions of living in his native town. It was not in the nature of things that the College would exist for Dunfermline alone. It would be a centre for Scotland. The College would enhance the importance of the city, and make it a centre for an important branch of educational study.

Dr. Rose read the following telegram from Sir H. Campbell-Bannerman:—"Deeply regret absence to-day. Anticipate successful ceremony and great benefit to whole community from the new institute."

On the motion of Sir Robert Cranston, Lord Provost of Edinburgh, a vote of thanks was accorded to the Chairman, a similar compliment being paid to the Marquis of Linlithgow and Sir Batty Tuke.

At the inaugural luncheon, Dr. Alan Tuke, replying to the toast of the College, referred to the growing need for physical culture.

"The National League for Physical Education and Improvement" was given by principal Mackay, Dundee College. In doing so, he coupled with it the name of Professor Ogston, Aberdeen, who, he said, had a particular interest in the ceremony of that day, as his daughter was the Principal of the College.

Professor Ogston stated that in the past the education of the body had been much overlooked. Many in that country were living the life of barbarians. Simple, cleanly, temperate lives characterised the highest civilisation, and if they were to maintain their progress they must recognise this more than they had hitherto done.

Old Acquaintance Musical Society.

Its old quarters being closed for structural alterations, the Old Acquaintance Musical Society has arranged to hold its smoking concerts this season in the Large Hall of the Criterion Restaurant, and the society's eighty-sixth session will commence in that hall on October 24. Mr. Sam J. Pullant informs us that four smoking concerts (one a ladies' night) will be given before Christmas, and four [illegible]. Mr. Kift's "annual" is fixed for March 13, 1906.

The distinguished visitor had been shown all the points of interest in the big lunatic asylum. As he was leaving, the head doctor, as an after-thought, asked, "Would you like to visit the Motor Ward?" Giving a delighted assent, he was led into a spacious apartment, apparently untenanted, though lined with rows of beds. "But where are the patients?" he exclaimed in amazement. "Patients?" replied the medical superintendent. "They're all here. They are under the beds tinkering with the springs."—*Motoring Illustrated.*

—— Sporting Notes. ——

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Swimming and Water Polo.

There were fully 200 people in the York Room at Frascati's on Saturday evening, September 30, when B. B. Kieran, the Australian champion, who left England last Friday week for home, was accorded a farewell concert. Messrs. Guy M. Campbell, of the Life Saving Society, and W. N. Benjamin, president of the A.S.A., were the chairmen of the meeting, at which presentations from the Highgate Lifeboys, Amateur Diving Association, Clarence S.C., and Royal Life Saving Society were handed to Kieran. Mr. W. N. Benjamin handed him his three record medals, and paid a high compliment to his swimming in England. In reply, Kieran thanked everybody for the courtesy and kindness he had received whilst in England, and specially named Mr. William Henry, the Royal Life Saving Society, and Amateur Swimming Association. Mr. Hilton Mitchell, who also spoke, made humorous reference to his own goal-keeping in the water polo matches played in Sweden.

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Arising out of the race for the boys' championship of the United Kingdom, swum at Manchester, Tom Morris, of Blackburn, the winner, who broke record on that occasion, was challenged to swim 500 yards by H. Williams, of Manchester, who was third in the national race. The event took place last week at Blackburn, and attracted great interest. Morris led slightly at the start, but Williams stuck to him pluckily. Gradually, however, Morris drew away, and won comfortably by ten yards. Mr. W. Beattin (Manchester) was referee.

Bernard B. Kieran, the famous Australian swimmer, and W. Hilton Mitchell received a very hearty send-off at St. Pancras on October 6, when they left by the Tilbury boat special to embark on the *Orontes* that sailed later in the day for Australia. The "Sobraon" boy, who has just turned eighteen years, spoke in a most enthusiastic manner of the treatment he received during his stay here, and said that it had quite exceeded his anticipations. "I am so delighted with my visit that I shall come here again, but cannot say whether it will be next or the following year," he is reported to have said. On being asked how English form compared with Australian, Kieran remarked that it was in sprinting that the Colonials were superior. "There are six Australians who can cover the 100 inside the minute, and I, who am a duffer, can do 61 secs.," he said. Hilton Mitchell was also very grateful for the cordial manner in which they had been met in every part of the kingdom, and said that, although looking forward to his arrival in Australia, he left the old country with regret, for he had made many friends.

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On the platform to bid them farewell was a representative body of swimmers, amongst those present being Messrs. W. N. Benjamin (president of the A.S.A.), Geo. H. Rope (president of the A.S.A., 1897), H. Benjamin (president A.S.A., 1900), E. M. S. Pilkington (hon. treasurer Royal Life-saving Society), J. R. Leggatt (vice-chairman R.L.S.S.), W. Henry (hon. sec. R.L.S.S.), R. F. B. Cross (hon. sec. London Water Polo

League), S. W. Steane (Trinity College, Cambridge), Jim Field (the well-known Wandsworth sportsman), H. Grocott (Clarence S.C.), S. G. Hibbert (Clarence S.C.), A. Sinclair, B. Bennison, G. White, and V. M. Mansell, and Professor Walter Brickett. Of these, Messrs. Henry, H. Benjamin, Cross, and Field accompanied the two Australians to Tilbury. It was quite an enthusiastic send-off from St. Pancras, for when "He's a jolly good fellow" and "Auld Lang Syne" were sung, all the cabmen took a sudden interest in the event, and joined in with enthusiasm. Mr. Gambler Reeks, of Fulham-road, has struck off some excellent photographs of Kieran in swimming costume.

Rowing.

Tom Sullivan, of Putney, ex-champion sculler of England, who was defeated by Eddie Durnan, a nephew of the famous Edward Hanlon, in a race in Toronto Bay, Canada, in August last, reached home on October 8, after a two-day delay on the sea through fog. Although unsuccessful in his enterprise, the ex-New Zealander and his companion voyager, Mr. Dick Hodgkinson, of Putney, were in the best of health and spirits, and seemed to have enjoyed their trip, although the fortunes of sport had gone against them. Sullivan was especially emphatic that the North-west Dominion is a country of the future. The little party, when the race was over, visited Winnipeg and other places, and were everywhere treated with the greatest hospitality.

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Sullivan's picture of the race was plain and unvarnished. "I rowed at 12 st. 4 lb.," said he, "having taken off 14 lb. since Henley. I felt perfectly fit and well, except that on the voyage out I had engaged in a tug-of-war competition on the boat, and being on the weaker side, sprained my right groin. It troubled me for some days, but I thought I had got over it until about a week before the race, when I rowed a two-mile trial, I was troubled again. Still, I hoped for the best in the race. There was the biggest crowd I ever saw at a boat-race—anything between thirty or forty thousand people being present, and quite fifteen thousand were afloat in all sorts of craft. I was on the worst side, and they crowded on to me so much that I could not get away, and we were three-quarters of an hour in making a start. We got away level, and sculled on even terms for half a mile. At a mile I had a go at him, and went up so fast that I soon had a four-length lead. A quarter of a mile later I began to feel a recurrence of the pain in the groin. I took Durnan's water to try and hide the condition I was in, but at the turn I had to go out to round the buoy, and I was fairly doubled up on one side. Then it was all over. Durnan paddled home at his leisure."

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In conclusion, Sullivan described his successful opponent as a very speedy sculler, but added the race could not be considered as a real test of his stamina. Old Ned Hanlon, Durnan's uncle, was very much interested in the result, but has practically forsaken the water nowadays.

Wrestling.

An important wrestling match took place at the Borough Grounds, Oldham, on October 7, between J. Hardy, of Hollinwood, and R. Bickell, of Oldham, who had agreed to wrestle the best of three falls in the Lancashire style for £50, Hardy not to exceed 5 score 14 lb. and Bickell to be under 5 score 12 lb. Bickell was made favourite at odds of 6 to 4 on, and the parties agreed on Mr. Todds Burns being the referee. Hardy was very cautious at the commencement, but Bickell began to force matters, and soon had his opponent's head in chancery. Hardy broke away, but was shortly afterwards forced down by the aid of the elbow throw in 4½ mins. In the second bout Hardy displayed some neat work, and, amidst keen excitement, he managed to halch the favourite's shoulders down in 10 mins. With the

honours even the men again came together. The excitement was of a high order, and although Bickell was the clumsier wrestler he managed to force his opponent, by the aid of the elbow and halch in a bout which lasted 13 mins. Bickell thus won the match by two falls to one.

* * *

A Manchester sportsman is willing to match a midget, well under 5 st., to wrestle Joey Smith the best two out of three falls, Lancashire style, for from £5 to £25 a-side.

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At the Westminster County Court a claim for damages and assault was brought by Jack Madden, the wrestler, against Yukio Tani, the Japanese. The case arose out of an encounter between the two men at the Lyceum on June 6 last. Madden in evidence stated that he made a magnificent show with Tani, but the latter damaged his wrestling costume and otherwise maltreated him during the struggle. Madden did not say that he "could kill Tani," for he knew perfectly well that Tani could kill him. That this was so was apparent to several experts in court who had witnessed the struggle, although Madden is a strapping, upstanding youth of 5 ft. 9 in., and weighing over 11 st. "Apollo," Tani's wrestling manager, gave an exposition of the science of wrestling in the Japanese fashion, to which the judge listened. He contradicted most of Madden's statements, and displayed such a knowledge of the Jitsu system that, although Tani was called, his Honour said he had listened to quite enough, and did not wish to hear any more. Verdict for the defendant.

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Some three months ago a challenge was issued on behalf of Franz Josef, of Austria, who in a straightforward manner signified a desire to wrestle any man in England, Hackenschmidt preferred, in the Græco-Roman style, for £100 a-side and the World's Championship. Meeting with no response, the Austrian accepted engagements in the North, and, these having been fulfilled, the stranger is again in the field.

The backer of Josef requests the insertion of the following challenge: He is prepared to make a match for Josef to wrestle Hackenschmidt the best of three falls under Græco-Roman rules for £50 or £100 a-side, on any date—the sooner the better—that may suit the Russian. While aware that Hackenschmidt is matched with both Munro and Madrali in the catch-as-catch-can style, the backer of Josef wishes to point out that he (Hackenschmidt) still claims premier honours as a Græco-Roman wrestler, and, this being so, a contest under these rules will in no way affect his engagements under the other code. In view of what he has accomplished on the Continent, at Vienna, Buda-Pesth, and other cities, Josef, who is a finely-built young fellow, standing 6 ft. and scaling 16 st., has, so his supporter considers, every right to throw down the gauntlet to the Champion. Anyway, all Hackenschmidt need do is to post a deposit, which will be at once covered.

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A Heavy-weight International Wrestling Tournament is to be held at Montreal, Canada, early in the New Year. We have been asked by Mr. George Kennedy to publish the following particulars: Ten thousand dollars will be offered in prizes and a 1,000-dollar championship belt. Heavy-weight wrestlers wishing to enter must make application at once to Mr. Geo. Kennedy, 639, Lagauchetiere Street, Montreal, Canada. All expenses will be paid men competing. The prizes are to be divided as follows: First, a belt and 2,500 dollars; second, 2,000; third, 1,500; fourth, 1,000; fifth, 800; sixth, 600; seventh, 400; eighth, 200; ninth, 150; tenth, 50. Entries close December 1. Photograph, weight, and nationality should accompany entries.

* * *

Alec Munro, the Scottish wrestler, is looking in the pink of condition, and hopes to give a good account of himself against Hackenschmidt at Ibrox Park, on October 28. Asked his opinion of the challenge, issued recently by Madrali, in which the Turk offers to lay £100 to £50 that he throws the Scotsman four

times within an hour, catch-as-catch-can style and no rest, Munro smilingly said that as there was some probability of a match being fixed between the Turk and Hackenschmidt, he would wait until he saw how Madrali fared in that encounter. If Madrali made a good show Munro would have no hesitation in meeting him. He, however, pointed out that he threw Deriaz in 45 seconds, and that wrestler threw Madrali twice in six minutes. In answer to a question, he said he considered Madrali too slow.

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Says "Hercules" in the *Sporting Life*: "It has frequently fallen to my lot to draw attention to the grave necessity which exists for bringing all wrestlers under the guidance and rule of one responsible, reliable association. Exactly how this is to be done I will not attempt to say, after the poor support which the formation of an association received last year. Personally, I should like to see the professional element combine together, if for no other purpose than to agree that the "fake" shows shall be discontinued. It is the unscrupulous who have killed the game, and this, just for the sake of a little remuneration obtained from a *matinee* at one or other of the halls. It would be better were all concerned to rest satisfied with their earnings from the ordinary show, which would ensure a good income year in year out for a long while, than have a bubble, which is bound to burst sooner or later. The public nowadays are too wideawake to be gulled so easily as a few people imagine. I am bound to say, however, it is not altogether the pro's, or those who run them, that are absolutely responsible. The music hall manager has played a very active part by requesting that one, two, or more special *matinee* matches, according to the length of the engagement offered, shall take place. A clause to this effect is inserted in the contract, so that, of course, those responsible for signing a document for a troupe, or for one man, for that matter, has to look about to fix up an extra 'show,' and he, too, has to take the risk of a failure."

There has been plenty of wrestling in the country of late, and many new faces have been brought to light. Most of these appear to have some sort of a following, judging from the quips which are scattered about. Some of the lightweights, as well as a few above that standard I have watched, are undoubtedly lads of very good class, and from others who follow the sport very closely I hear it is understood there is plenty of material in the more recent additions to the professional ranks. It may, therefore, not be out of place to suggest that a good deal of interest might be aroused by arranging a tournament for the feather, light, and middle-weight championships. Some enterprising hall could do worse than give substantial prizes, and let each competitor add £5 or £10 to a sweepstake.

Boxing.

By the establishment of the Stock Exchange Boxing Club, we may look for the greatly needed revival of strictly amateur boxing—that is, if the game, as governed by the Amateur Boxing Association, is to continue with prosperity. For some time past we have heard of the decline of amateur boxing, which has been due, perhaps, more particularly to want of quality rather than quantity. Certainly the champions of recent years, with very few exceptions, have not been of the same calibre as in the days of Hill, Diamond, Curnick, Frost-Smith, Dearsley, Hair, and others. Unfortunately, the majority of metropolitan clubs do not get sufficient encouragement from the Boxing Association, and it is only the well-to-do self-supporting clubs that can afford to engage the best instructors and thus gain many advantages over the less fortunate, though perhaps more enthusiastic, rivals. Just recently the Stock Exchange Club was launched on the high road to success, and as Mr. B. J. Angle succinctly put it, the club was already an unqualified success. In a very few well-chosen words Mr. Angle referred to the "House" as being a wonderful recruiting-ground for all sports, and with the co-operation of its members there was

every promise of its boxing club becoming second to none. The club would be run very much on the lines of the Belsize, but would not in any way clash with the well-being of that excellent institution, the Belsize being chiefly supported by North London men. With its headquarters right in the heart of the City, the S.E.B.C. could not fail to appeal to all athletic members of the "House." Mr. Angle, who considers boxing should form part of a man's education, very quietly added that boxing helps one to control his temper, an accomplishment which is a distinct acquisition to the mental outfit of the stockbroker. Pressure of business precluded many intending members from taking part in the informal opening at the club rooms in Borer's Passage, Devonshire Square, E.C., but all members of the "House" are requested to note that practice and instruction may be obtained every Wednesday between the hours of five and eight p.m. Naturally, the club has spared no expense in the matter of instructors, and the posts of honour have been filled by "Coddy" Meddings and the popular Jerry Driscoll, who have been engaged to "help the youngsters along." Both the "pro.'s" were hard at work on the opening night, and the members were not slow in acknowledging that the club's executive had made a very valuable selection. The officers of the club are: President, Mr. H. J. Chinnery; vice-presidents, Messrs. R. W. Inglis, B. J. Angle, V. B. M. Zanchi, W. A. Morgan, Charles Mead, W. J. Coath, M. Schneider and John Kerr; captain, Mr. B. Cousins; deputy-captains, Messrs. J. B. Allen and E. R. Jackman; hon. sec. and treasurer, Mr. Griffith Lardner; assistant hon. sec., Mr. E. Pott; committee, Messrs. George Hoare, Cyril Smith, H. Marcus, K. McNiven, R. A. Inglis, and T. M. Bowman.

Miscellaneous.

Mr. D. Gallagher, the captain of the New Zealand Rugby team, was so pleased with the ball used in the match of Wednesday week against the Middlesex team that he expressed a desire to retain possession of it. It is interesting to note that this particular ball, "Spalding's Official Rugby," is manufactured by Messrs. A. G. Spalding Bros. After the match the Colonials' captain remarked to Mr. T. Fitchie (Woolwich Arsenal F.C.), the representative of the makers of the ball, that "it was the finest ball he had ever played with."

There is now all over England a great movement for the physical betterment of the race. We are, as a nation, now awakening to the fact that our bodies need as much special training as our minds. Hitherto we have made great efforts to guide our young mentally and morally. Great minds have pondered on educational problems, great advancement in learning has been made, and many wonderful results have been attained. But in these recent years it is being realised that a healthy mind can only live in a healthy body. Schools of physical culture, training colleges for teachers of physical culture, are springing up everywhere. Physical education is taking a foremost place in our schemes for the advancement of our race. Good physical education may be defined as the training of the body by means of exercises. The aim of such training is to bring the body to its highest point of development, and to maintain it in health. Games are excellent in many ways, but they nearly all have the great drawback that one side of the body gets more used than the other.—*East Kent Times.*

And Editorial Chat.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

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T. WOOD (LEEDS).—Bending exercises and tip-toe marching will assist you considerably. As recreations, walking, running, cycling, football, and swimming would be the best for your purpose.

H. BAXENDALE (BIRKDALE).—Hope to be able to comply with your request at an early date.

BUILDER (BARROW-IN-FURNESS).—I am afraid you ask me something that is impossible. Circumstances alter cases, and possibly your health has nothing whatever to do with it, and remedy I very much doubt if there is one.

E. P. (NEWPORT).—I should say, "Yes," morning and evening exercise is ample, and not too much of that. It is always possible to have too much of a good thing.

J. W. L. BOLTON (LONDON).—Thanks for interesting letter. From your measurements you appear to be progressing very favourably, but, as you say, there is room for improvement. Am glad to note you are encouraging others to follow your example. I should not advise you to exercise.

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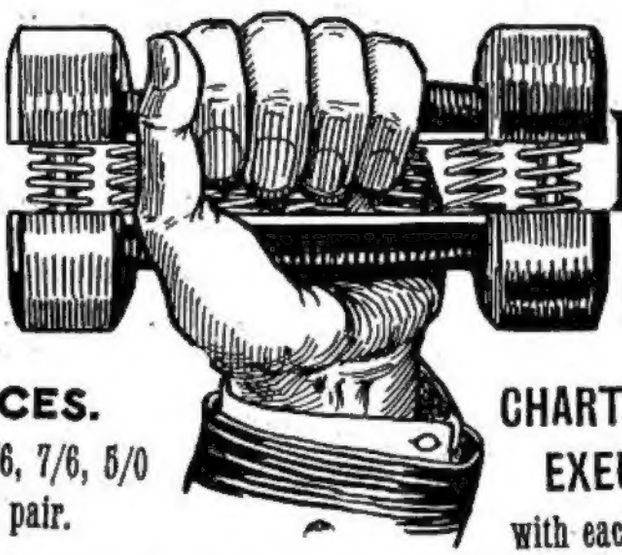

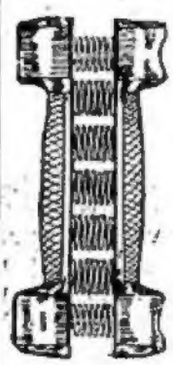

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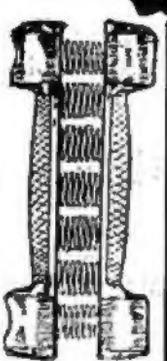

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